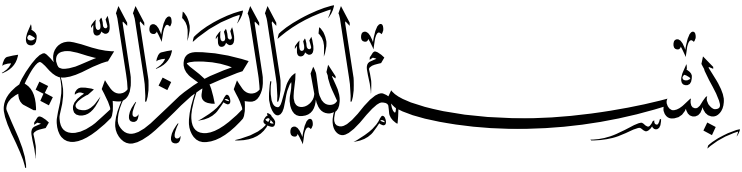
Volume XIV

LIFE SKILLS

Compiled By:
S. Jahanzaib Abidi



اللَّهُمَ صَلِ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the Fourteenth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: 4th July 2024

Contents

Dedication 2

Preface 9

Beat overthinking 12

By Age 35, You Should Be Smart Enough To Realize This14

What would you tell your teen self? 15

How do I become more ruthless in life? 17

How can one avoid making major life regrets? 19

What is the key of success? 20

Best Decision To Take During Hard Times 22

Stay Positive During Difficult Moments 23

Most Challenging Thing To Overcome 25

Know If Everything Is Going To Be Alright When You're Facing Adversity 26

Tell Yourself When You Are Disappointed 28

10 Signs Of High Vibration 29

7 Sentences You Need To Hear 29

POWER OF SILENCE Can Improve Your Life 30

Unattractive Habits That Holding You Back 33

Psychology of Whom Always Need to Be Right 36

Some Types of People to Avoid 40

LIFE LESSONs — 43

How to Handle Difficult People 44

How to Create Your Own Success 48

How to Handle Kids (Or Adults Who Act like Kids), Part One 54
How to Handle Kids (Or Adults Who Act like Kids), Part Two 57
12 Rules to Replace Money Problems with Financial Freedom 62
How to Protect Yourself From Catastrophes..... 69
Two Steps to Clear Your Mind and Boost Your Edge..... 75
Focus on strengths, not weaknesses..... 78
Intellectual Arrogance and Its Cure..... 82
Religious Extremism Is Not the Path of the Prophets and Divine Leaders 86
The Easy Prey of Satan 92
Religious Extremism and the Political Interpretation of Religion 98
Sectarian/Religious Differences Are Man-Made..... 105
Tension and solution between husband and wife 118
Man's Choice Between Light and Darkness 123
God's Decree and Our Life..... 129
How to Use Pleasure to Succeed..... 132
Practical Model of Pleasure and Pain..... 145
12 Rules to Replace Money Problems with Financial Freedom 150
Self-Image is Foundation of Everything in Life 159
Keep Your Personal Aura Charged with Magnetism 161
Five Levels of Success 162
The Power to Make People Happy..... 169
How to Buy Happiness..... 175

Bigger Problems, Better Life 177
The Four Circles of Control 181
How to Create Your Own Success 201
How to Boost Mood 208
The Power of SPEED 213
How to Look Younger and Act Younger 222
How to Reduce Anxiety 224
What's Wrong with Me? 229
9 Habits That Will Make People Want You 232
Rebuilding Yourself 234
Unrealistic Things We Expect From Life 237
Manipulation Tactics That Look Like Love 239
How to Set Exciting Goals You Can Reach 242
10 Reasons Why People Disrespect You 252
10 Things To Never Do In A Talking Stage 255
10 Things That Make You Easy To Manipulate 258
The Overthinking Trap: Why Too Much Knowledge Can Backfire? 261
Unmasking Jealousy: A Window into Our Inner World 263
The Invisible Man: Exploring the Psychology of Being Overlooked 265
The Illusion of Chemistry: Deciphering the Allure of Toxic Relationships 267
Truth or Dare: The Mind of a Chronic Liar 269
Mind Games: Are You Playing Yourself? 272
Why Some People Make Friends Effortlessly While Others Struggle 274

The Hidden Psychology of Playing the Victim: When Seeking Sympathy Becomes a Pattern 277

Why Some People Never Feel Guilty..... 280

Why People Don’t Give Praise and Encouragement 283

Why People Don’t Admit Their Mistakes and Fail to Improve 285

The Sixth Sense: Unlocking Your Inner Foresight..... 287

The Art of Persuasion: How Marketers Manipulate Your Mind 289

How People Take Advantage of Being too Nice!..... 292

Feeling Like a Fake: Why You Don't Think You're Good Enough 294

Overcoming Imposter Syndrome: Build Confidence and Embrace Your True Self 297

How Emotionally Intelligent People Can Use Others ... 299

The Silent Check: How People Unconsciously Test Your Character 302

The Art of Deception: Unmasking the Liar 305

Why Life Gets Complicated 308

11 Unpleasant Truths 319

13 Human Mind Psychology Facts..... 320

9 Interesting Facts About Body and Mind..... 321

Why People Don’t Take You Serious 322

Someone Is Quietly Studying Your Weaknesses 325

Principles That Will Make You Mature..... 328

9 Small Things That Make You Unattractive 332

9 Secrets To Build A Strong Discipline 335

10 Deep Quotes From "Carl Jung" 338

9 Reasons Why People Find You Easy To Pick On 339
10 Rules Of Detachment (For A Peaceful Mind)..... 341
Which skills should I develop to be a successful trader?345

Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the Fourteenth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the

power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering

you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,
Abidi
Connect with:
zaib.abidi.pk@gmail.com

Beat overthinking

1. The problem is rarely the problem.

99% of the harm is caused in your head, by you and your thoughts.

1% of the harm is caused by the reality, what actually happens, and the outcome.

Most of the time, the problem isn't the problem. The way you think about the problem is.

2. Silence and time.

The truth is, most problems aren't solved with more thinking.

You'll find most of the answers you're looking for in silence, in time, and with a clear mind.

If you can't solve a problem, stop trying to.

3. Avoid self-rejection.

Don't think you deserve that opportunity? Apply for it anyways.

Don't think your article is good enough? Publish it anyways.

Don't think they'll reply to your email? Send it anyways.

Never overthink yourself into self-rejection.

4. The power of now.

You're not going to overthink your way to a better future.

You're not going to overthink your way to <<<<a better past.

All you have is now.

And what you can do with NOW can make right of your past and make good of your future.

5. Fact-check your own thoughts.

Your thoughts will create scenarios in your mind that reflect your insecurities, fear, and worries.

So it's important to always fact-check your own thoughts before accepting them.

6. Acceptance is peace.

No amount of anxiety will change your future, and no amount of anxiety will change your past.

Peace is found in acceptance:

Accept imperfection.

Accept uncertainty.

Accept uncontrollable

By Age 35, You Should Be Smart Enough To Realize This

1. Stay silent. Not everything needs to be said.

2. Silence is better than unnecessary drama.

3. If you find someone smarter than you, work with them, don't compete.

Competition is a weakness.

4. The family you create is more important than the family you come from.

5. Your current job doesn't care about you. They only pay you enough to kill your dreams.

6. Free yourself from society's advice, because most of them have no idea what they're doing.

7. Most people drift through life.

They have no purpose, no direction, and zero intent.

Learn their needs. Lead them.

8. It's better to have 1 friend who's:

• Happy for you

• Supports your win

• Encourages your dreams

Than a bunch of acquaintances who are:

• Lazy

Self-centered

• Jealous of your success

What would you tell your teen self?

No matter what, do what makes you happy.

Forget about what others say.

Forget about what you're supposed to do according to social standards.

Forget about chasing that "stable job" everybody talks about.

Be brave.

Take risks.

Do not wait for the "perfect moment". There's no such thing. It will never come. Never will be the right time. There will always be an excuse.

Just do stuff that makes you feel good.

Give no explanations about what you do, like, want or are obsessed about.

It is not about money.

It is not about paying bills.

It is not about meeting other people's expectations.

It is all about doing what matters to you and experiencing all that life has to offer.

Love.

Travel.

Laugh, laugh a lot.

I'm really serious.

You get one life, if you want to make that count, just look forward and do your thing.

Not what others do, or what your parents think you should do.

Do what feels right to you.

Listen to your gut, your intuition.

There's no secret to life, no hidden meaning or purpose you have to look for.

You're here basically for the experience.

Just live it.

And whatever happens, do not make a big deal out of it.

Just take it, learn from it, and keep going.

It's all about the journey.

There's no person you have to become, no goal you need to achieve and no destination you have to get to.

Seize every second of your day, live the present moment, because it's the only thing that exists.

How do I become more ruthless in life?

There was a time in my life when I also asked the same question to myself…

I was in a bad place mentally, consumed by my ego and totally identified with my negative recurring thoughts and of course as I was in that miserable state of being, everything and everyone around me seemed to intensify it and not help stop it and I believed it was their fault I felt like that.

So, I wanted to become a more unkind, unhuman, ruthless person because I thought that would be the solution to all my problems, since I wouldn't feel I was always doing what I was supposed to do while everyone else seemed to not care at all and always work for their own benefit.

My friend, let me tell you, from my own experience, it doesn't work that way.

If you are not that person, you will never become that person and you will only suffer by trying to be who you're not.

I tried to not care, to do stuff just for me no matter if I was hurting others, but it didn't work, because I'm not like that,

I'm actually the opposite of that and I think you're exactly that way too.

Your ego is the one asking that question, not you. Because if you keep being the nice, caring and beautiful person you are now, your ego cannot survive and it is fighting for it. It wants you to identify with it and defend that identity, that persona it has created in your mind.

Don't go there. If you don't feed your ego, it will eventually not have control over you.

Instead of listening to that voice in your head that seeks justice and maybe retaliation for things that have happened in the past that it believes were not fair to you, turn over to that other voice that usually is very quiet but it's the essence of who you truly are: your intuition, your gut feeling, your heart and soul.

That voice will guide you through the journey you're here to fulfill and you can never be wrong if you follow its directions, because they will always be aligned with who you truly are and that will create an inner peace inside of you that the ego could never match.

So just be yourself, let you true nature show and be the kind, loving and caring person I believe you are, because that's the best version of yourself you could ever be.

You are enough as you are right now, allow who you truly are to express itself freely and lighten up the world around you and you'll see how that helps you feel better and other people benefit from it as well.

You don't really want to be ruthless, you believe you need to because you're defensive and on survival mode, but you can chill out, relax, surrender to the natural unfolding of events and make the most of wherever your journey takes you.

How can one avoid making major life regrets?

Regrets are nothing but lessons that life won't always unfold the way you want it to.

The moment you accept and embrace whatever happens as what is meant to be for you to become who you came here to be, regrets vanish and suffering stops.

Surrendering to the natural unfolding of events in your life is the best attitude to get close to inner peace and happiness.

Resisting what is, trying to avoid making a mistake and dwelling on the past wishing for it to have been different is a sure way to frustration and a miserable life, since you will always attract more of what you don't want if you're always focusing on that.

You're going to make mistakes, that's human nature, since you didn't come here with all the answers because that would make this journey predictable, boring and eventually worthless and futile.

So, embrace that part of you that's not perfect and will never be and let it exist, love it, be compassionate with it, because it's also who you are.

And when things don't go as expected, remember that you don't always control what happens, but your power will always be on how you see what happens, how you let it affect you and what you make of it.

Let life happen and live it by focusing on what matters to you.

You will never be wrong if you follow your intuition and make it all about what resonates with your true essence.

What is the key of success?

Your definition of it.

What is success to you?

Is it financial stability? Is it a big happy family? Maybe doing what you love and having time for yourself? Living a simple life? Traveling the world? A big house in the suburbs and a 9-to-5?

You name it… What does a successful life mean to you?

This is key to not chase the dreams and goals of others or what society tells you you're supposed to do, believing that's the only form of success and that the only way to be happy is to achieve it.

That is the quickest way to a frustrating, meaningless and miserable life.

Acting on your passion, your excitement, whatever makes your heart beat, and doing it just for the fun of it with no other purpose or goal in mind than to enjoy the process and being ok with whatever the outcome turns out to be because you believe it's always going to be good for you regardless of how others choose to see it.

That's in my opinion the best definition of being successful.

Getting to know you deeply and being true to yourself along this life journey is the best way, in my opinion, to achieve real success.

When what you do is real and not a front, when who you truly are is expressed on what you do and say, when you act from love instead of fear, when people are drawn to you for who you really are and not for the character you made them buy into…

Authenticity is always the right way to go.

Knowing that no matter what or who, you're always operating from your deepest and truest essence and that there's nothing fake or pretended in your words and actions.

The "do-the-right-thing-even-when-nobody-is-watching" kinda attitude.

Best Decision To Take During Hard Times

To see any kind of difficulties in your way as something positive for you.

You can do this from two different levels of awareness: basic or advanced (hardcore).

Basic:
Hard times exist for you to test yourself, to help you learn about yourself and grow as a person so that you can have a much more interesting life experience by getting stronger and wiser.

So, whenever you're facing a challenging situation, embrace it and be grateful it happened so that you can benefit from it by overcoming it and reaching your true potential.

Hardcore:
You wrote your own life script when you were an eternal soul before coming to Earth into a human body, which means you specifically chose all difficulties, hard times, problems and challenges you encounter in your life to be there to learn more about who you truly are from facing them.

Either way, the best thing you can do so that your life experience is the best you can get is to see what happens as what it's meant to be for you, you can't control how it happens, but it's in your hands to make the most of it regardless of how it looks like.

That's were your true power is.

Stay Positive During Difficult Moments

I used to not be positive when things went south or when encountering challenges and difficulties in my way. I would whine, curse and say things like "why do all bad things only happen to me?!"

Lately though, that has changed.

I've understood that all the events and people in my life are there for a reason. No matter how they look like or how they make me feel, they are part of my journey.

I realized that whenever something happens in my life that is challenging, difficult or unpleasant, I always have two options when facing it…

Either I act like I am a victim of my life circumstances and let my emotions do the talking and take the reins, like I used to.

Or I am aware of those emotions, understand where they come from and make conscious choices about how to see and handle the situation in the way that most benefits me.

Being aware of what happens and responding to the situation consciously instead of letting your automated behaviors and conditioning make you react on autopilot can make a huge difference.

We all have that ability of seeing the positive part of anything, but our past experiences, trauma, fears and conditioned beliefs get in the way if we're not aware of them in the moment.

That's why it is very important to know and audit yourself as much as you can.

If you know what your fears, insecurities and expectations are and you face them to see where they come from and how they are affecting your decisions and your perspective on life, you can change a lot of aspects of your life and make it more fun and fulfilling, since you won't be attached to that unconscious part of you that's running the show in the shadows by making it conscious and owning it.

Once you know yourself better and you feel much more aligned with who you are, it will be much easier to see the positive part of it all, since you'll be more confident on your ability to handle any situation in the way that is better for you.

If you ever feel stuck or lost, remember that anything that happens in your journey is there because it's a part of it, cause otherwise it wouldn't be there, and it needs to happen exactly how it's meant to to help you know yourself better and guide you towards becoming your true self.

So, **whatever it is that you're facing now, keep that in mind. Even if it feels bad or unpleasant, it's there for a good reason and it's up to you to choose to perceive it that way and make your life experience more fun and meaningful.**

Most Challenging Thing To Overcome

You're an eternal unlimited soul that's having a physical limited experience for the fun of it.

When you're born into this world as a human being, you're pure love and consciousness, you're a blank slate where all human programs are not written yet, still fully connected to all that is.

You're plain hardware, there's no software except the basic operative system that runs basic needs and the automated nervous system that keeps you alive.

As you grow up, and society, your parents, family and experiences start writing beliefs and all kinds of conditioning into your operating system, you start to separate yourself from your essence and dive deeper into the human condition.

There's a moment when you're all conditioning and automated behaviors. You don't even know where they came from, but they make up who you are as a human being, they shape your personality and indentity, they become your own narrative, your story, you.

You've forgotten who you truly are, that you're an eternal soul and you're here on Earth just for a tinny brief moment of your existence just to experience what it is to be human with all its consequences.

So, you act like you're just a human being, a limited creature bounded by space, time and all the physical and social laws

that create a reality where everything can become predictable, meaningless and dreadful.

Well…

The most challenging thing there is to overcome in this lifetime, which actually I honestly believe is the main reason we're here, is precisely to remember that you truly are much more than just a human being, that you're in essence a beautiful immortal soul, and still manage to enjoy this physical limited adventure for what it is without making a big deal out of it, just for the fun of it.

The moment you are able to transcend yourself by acknowledging that you're not your thoughts, your beliefs, your conditioning… That your true identity resides in your intuition and not in your mind…

That's when you are free and capable of making the most of this incredible unique journey you're in.

It just takes being much more conscious and aware of who you truly are and surrendering to the natural undolfing of events, blindly trusting the process and the Universe's plan, so that you can align with that true self to be whole again.

Know If Everything Is Going To Be Alright When You're Facing Adversity

Being alright is not an outcome, it's a choice, it's in your hands.

During your lifetime there's going to be a lot of noise outside. External events, people, circumstances…

The key to being ok no matter what, specially when you're in a moment of your life where challenges seem to be the trend, is to choose to see what happens as something that is always going to benefit you.

Difficult situations make you stronger and wiser. Discomfort is where growth happens.

We have the tendency to look at them as something "bad" because they may be unexpected or unpleasant (or both), but actually those life challenges are the only thing that helps us know more about who we really are.

So don't wait for things to be alright, for you to be content and at peace.

Consciously choose to be ok no matter what because you know that what's meant to be for you will find you and everything coming in your way is there to benefit you.

It's like having a super power.

Nothing can get to you if you don't let it, no matter how bad it may look like in the moment.

Try to get used to zooming out instead of letting yourself be caught into that adversity you mention and you'll understand much better how it all fits in when you take a look at the big picture of your life journey.

Tell Yourself When You Are Disappointed

Your own expectations about what should happen are the only ones creating the emotion of disappointment.

In your mind, you have created the scenario you wish to live and when it doesn't happen the way you predicted, you get frustrated and sad.

What's happening there is that instead of letting things just unfold naturally, assuming it's not in your hands to decide how they will occur, you're trying to control them…

So, when that happens to me, **I remind myself that I'm feeling that way because I'm not accepting what is.**

If you practice gratitude and gladly accept life as it happens, you will never be disappointed again.

You need to surrender and embrace the present moment and make the most of it, regardless of how it looks like and how unexpected or challenging it may be.

Remember that everything in your life happens to help you know yourself better while you're having the most amazing physical experience there is as a human being, and that no matter what comes in your way, it will always benefit you in that sense, so why worry about what happens then?

Try to see your journey as a script you wrote yourself as an unlimited eternal soul, before coming to Earth and understand that whatever happens is a part of it, not good,

not bad, it just is what is meant to be for you to remember who you truly are.

The moment you see life that way, you're at peace and free to live it in the most meaningful and fulfilling way possible.

10 Signs Of High Vibration

1. People stare at you.

2. Kids like you.

3. Animals feel safe around you.

4. You notice people copy what you think, wear, and do.

5. Strangers tell you their life stories.

6. The room's energy shifts when you walk in.

7. You irritate toxic people by being authentic.

8. People envy you and you don't know why.

9. The universe speaks to you with numbers and visions.

10. You attract broken people to help heal.

7 Sentences You Need To Hear

1. People aren't against you, they are for themselves.

2. Climb mountains. Not so the world can see you but so you can see the world.

3. You learn more from failure than from success. Don't let it stop you; failure builds character.

4. The most dangerous risk of all is the risk of spending your life not doing what you want.

5. Go where you're celebrated, not where you're tolerated.

6. The person you'll spend the most time with in your life is yourself, so you better try to make yourself as interesting as possible.

7. If you accept your limitations, you go beyond.

POWER OF SILENCE Can Improve Your Life

1) Never Defend Yourself:

"If anyone tells you that someone is speaking ill of you, don't make excuses about what is said of you. Instead, respond:

He does not know my other faults; Otherwise, he would not have mentioned only these."

Epictetus

• Weak people hide their flaws and show off their strengths.

• Wise people acknowledge their flaws while avoiding the need to show off their strengths.

Don't let your ego blind you.

2) Never Complain:

"Don't be overheard complaining, not even to yourself."

Marcus Aurelius

Complaining is the simplest and most ineffective thing to do.

If you have the ability to change a situation, do so. If you can't, shift your viewpoint.

The mind gives up and surrenders before the body. Stoic virtues include endurance, perseverance, and composure.

3) Don't Tell Them, Show Them:

"Waste no time arguing about how a good man should be. Be one."

- Marcus Aurelius

What you do, not what you say you'll do, determines your level of success.

Convince through your actions, not your words.

4) Learn to Respond, Not React:

"I think the first virtue is to restrain the tongue; he approaches nearest to the gods who knows how to be silent, even though he is in the right."

Cato the Elder

How one reacts to hostility is strong evidence of wisdom.

Maintain a cool, calm, and collected demeanor at all times.

Never allow anyone the power to make you angry.

5) Be Careful of What You Say:

"Be silent, or let your words be worth more than silence."

- Pythagoras

Spend no time engaging in celebrity gossip, backbiting, or childish fights.

6) Sit Still:

"All of man's problems arise from his inability to sit in a quiet room alone."

- Pascal

Overindulging in screen activities dulls the mind.

Learn to be content with boredom; You don't always need to be stimulated.

Unattractive Habits That Holding You Back

Everyone has their quirks and habits, but certain behaviors might be inadvertently pushing people away. Whether it's a friend, a romantic interest, or a professional acquaintance, how you act can significantly impact how others perceive you. Here are some habits that could be making you less attractive to others and how addressing them can enhance your relationships and social interactions.

Neglecting Personal Hygiene

One of the most fundamental aspects of attractiveness is personal hygiene. Neglecting basic grooming—like not taking care of bad breath, body odor, or an unkempt appearance—can quickly make a negative impression. Regular grooming and cleanliness are not just about looking good—they demonstrate respect for yourself and consideration for those around you.

Spreading Negativity

A constant focus on the negative aspects of life can be a significant turnoff. It's draining for others to be around someone who can't see the positive side of anything. By cultivating a more optimistic outlook and trying to find

the silver lining, even in difficult situations, you can change how people feel about being around you.

Lacking Empathy

Empathy, the ability to understand and share the feelings of others, is crucial in forming deep and meaningful connections. If you frequently put your needs above others' or show a lack of concern for their feelings, you might come off as cold or selfish. Improving your empathetic listening and genuinely engaging with people's emotions can make you much more appealing.

Being Judgmental

Frequently passing judgment can create an uncomfortable atmosphere for everyone involved. It's vital to appreciate that everyone has their unique paths and struggles and that diversity of experience enriches interactions. Being open and accepting can make you more attractive as a friend and confidant.

Poor Communication

Effective communication is the cornerstone of all relationships. Struggling to express yourself clearly or failing to listen can lead to misunderstandings and frustration. Working on your communication skills, especially active listening and clear expression, will not

only improve your relationships but also increase your overall attractiveness.

Inconsistency and Unreliability

People value consistency and reliability. If you're known for canceling plans last minute, showing up late, or not following through on commitments, it can seriously undermine trust and your attractiveness as a reliable friend or partner. Being someone others can count on will greatly enhance your social desirability.

Being Overly Self-Centered

While self-care is crucial, there is a fine line between taking care of oneself and being self-absorbed. Dominating conversations, ignoring others' needs, and constantly seeking attention are traits that can alienate others. Balancing self-interest with genuine interest in others can make you much more engaging and attractive.

Interrupting Others

Interrupting someone while they speak not only disrupts the flow of conversation but also suggests you value your thoughts more than theirs. By allowing others to express themselves fully before you respond, you show respect and earn respect in return.

Disrespecting Boundaries

Respecting personal boundaries is essential in all relationships. Overstepping boundaries, whether by invading personal space, prying into private matters, or ignoring requests for space, can make you seem invasive and disrespectful. Understanding and honoring the boundaries of others enhances your attractiveness by showing that you are considerate and trustworthy.

Psychology of Whom Always Need to Be Right

Human connections thrive on understanding and resolution, not on divisiveness or hostility. Conflict deepens when the natural human desire for reconciliation is met with dishonesty, resistance, or indifference.

Nobody enjoys discovering they've hurt someone or made a mistake, especially when they were trying to do the right thing or feel unfairly accused. However, some people struggle significantly with acknowledging their mistakes, taking responsibility, or offering a meaningful apology. This behavior isn't just seen in high-profile personalities or global politics—it also plays out in

personal relationships. Unconscious defenses, rigid mindsets, and personality traits can hinder healthy interactions. Recognizing these patterns can help us navigate conflicts, break harmful cycles, and decide when to move forward or let go.

The Reluctance to Apologize

One major barrier to apologizing is the belief that one hasn't done anything wrong. Sometimes, this might even be factually correct. But being fixated on proving oneself "right," even internally, prolongs conflicts and creates division. When one person is "right," the other is "wrong," which damages relationships and leaves everyone at a loss.

Defensiveness, Rigidity, and an Unyielding Belief in Being Right

Some individuals resist taking responsibility because they genuinely believe they are always "right." This inability to self-reflect and consider other perspectives can block empathy, connection, and repair. A related issue is an unshakable certainty in the correctness of their viewpoint—a kind of mental rigidity. This stubbornness often comes across as a frustrating inability to adapt, absorb new information, or revise one's understanding.

People with perfectionistic tendencies or narcissistic traits often struggle with this dynamic. Their deep need to maintain a flawless self-image protects them from feelings of criticism or self-blame.

Overwhelming Guilt and Shame

For others, admitting to harming someone or doing something "wrong" triggers intense feelings of guilt and shame. This response often stems from childhood experiences, such as having overly critical or manipulative caregivers who instilled a heavy emotional burden.

Acknowledging their role in a conflict might lead these individuals to overidentify with the other person's pain, magnify their own sense of wrongdoing, and assume excessive responsibility for others' emotions.

Miscommunication and Lack of Awareness

Misunderstandings and the need to feel "right" can also stem from a disconnect between one's intentions and how their actions are perceived. When unconscious emotions, like frustration or resentment, seep into our tone or body language, they can overshadow the actual content of our words. This unintended "subtext" can

trigger defensive or hurt reactions in others, leading to further miscommunication.

When Standing Firm Can Be Healthy

There are times when refusing to admit fault is a normal or even necessary response. For instance, adolescents may resist as part of their natural developmental need to assert independence. Similarly, in situations involving power imbalances or controlling dynamics, standing firm can be a way of establishing boundaries and protecting oneself.

Misguided Beliefs About Apologies

In high-stakes situations, whether personal or professional, denying responsibility or avoiding apologies might seem like the safer choice. However, research shows that meaningful apologies acknowledging harm can prevent lawsuits and rebuild trust more effectively than defensiveness. Even in legal settlements, people often feel unsatisfied without an apology, despite receiving financial compensation.

The Importance of Responsiveness in Relationships

Conflict and misunderstandings are inevitable, especially in close relationships. Even the most attuned parent sometimes falls out of sync with their child. What matters

is the ability to repair these disconnects and restore the relationship's balance. Similarly, in adult relationships, the willingness to respond empathetically and mend emotional rifts is key to resolving disputes and building trust.

The Consequences of Broken Trust

When trust is breached or feelings are hurt, heartfelt apologies help to restore balance and reduce the emotional burden on those affected. Without this acknowledgment, conflicts can escalate, leading to power struggles and further harm. Those who are willing to offer genuine apologies or choose to disengage from escalating conflicts can foster healthier environments and relationships.

By understanding and addressing the psychological barriers to admitting fault, we can create more compassionate and connected interactions.

Some Types of People to Avoid

1. Wheelbarrow People

These people are always looking for help and never give anything back. They expect you to solve their problems

without caring about yours. Just like a wheelbarrow, they take a lot of effort to push, even after you fill them up.

Note: Wheelbarrow people drain your energy, time, and resources.

2. Mosquito People

These individuals only want to take from you without giving anything in return. They may seem friendly, but they only come around when they need something. After they get what they want, they might talk behind your back.

Note: Mosquito people only praise you when they want something, but they will criticize you later.

3. Scaffolding People

These people help you but then want to control your life. They think that because they've helped you once, they have the right to dictate what you do. While they can be useful for a short time, they can become a burden if kept around too long.

Note: Recognize when these people are holding you back and let them go so you can grow.

4. Crocodile People

Crocodile people pretend to be your friends but have bad intentions. They want to learn your secrets and might use them against you later. They are often dishonest and can gossip about you.

Note: Be careful of those who seem too friendly; they may be waiting for a chance to hurt you.

5. Chameleon People

These people are jealous and competitive. They act like they are on your side but secretly wish for your failure. They won't celebrate your successes and will only focus on your mistakes.

Note: Jealous friends can sabotage your efforts and ruin your dreams.

6. Naysayer People

Naysayers are dream killers. They don't believe in your goals and will give you many reasons why you can't succeed. Instead of supporting you, they focus on your failures and create more problems.

Note: Naysayers often lack their own dreams and won't appreciate yours.

7. Garbage Pusher People

These are the worst kind of people. They only spread negativity and bad news. Whenever they show up, it's usually to talk about something discouraging or sad.

Note: Garbage pusher people are quick to share negative information and can bring you down.

LIFE LESSONs —

1. Don’t lend money to your family. Give it.

2. Never shake a hand while sitting down.

3. Stop telling people more than they need to know.

4. Never eat the last piece of something you didn't buy.

5. Don't throw your friend under the bus to impress someone.

6. Never insult the cooking when you are the guest.

7. Don't use the urinal next to an occupied one.

8. Don't take out your phone during a conversation.

9. Never take credit for work you didn't do.

10. Listen, nod, and most of all make eye contact.

11. Don't make fun of your friend in front of his friend/wife/kids.

12. Never let emotions overpower you.

13. Never beg for a relationship.

14. Never kick a man.

15. Dress well no matter what the occasion.

How to Handle Difficult People

A bully at your work is difficult for you to face. He is demanding you do part of his job without pay or credit. How do you handle it?

Your neighbors are constantly fighting. They wake you up in the middle of the night with their screams and curses. What do you say to them?

Your father is unhappy about your career choice. He constantly criticizes your work and points out what he thinks you should do. How do you deal with him?

Difficult situations are part of everyone's life. Employers and employees can't get along. Partners clash over money. Spouses cannot resolve disagreements.

If you ignore these situations, they always get worse. Employees get fired, partnerships and marriages break up, everyone is miserable.

Waiting and worrying, the most common "solution," also allows the problem to get worse while giving you stress and shortening your life span.

If you attack the person, at least you are trying to fix the problem. But attacks, rage or irrational anger gives you a bad name, makes people afraid of you and reduces honest communication.

Disconnecting from the problem or from the person is not always wise or practical. Losing employees, supporters and friends because you needlessly disassociate from them may reduce your stress, but you might also become lonely and poor.

The Best Solution Is to Confront and Handle People

"The ability to stand up to and confront and handle whatever comes the way of the organization depends

utterly on the ability of the individuals of the organization to stand up to, confront and handle what comes the individual's way." — L. Ron Hubbard

When you face and resolve the problem yourself, you feel wonderful. You are in control of your life. You not only conquer the opposition, you conquer your fear. Few accomplishments are more satisfying than confronting someone who is difficult to face and handling the conflict.

How to Confront and Handle Them

By getting organized and working out a plan of action, confronting and handling people becomes much easier. The key is your preparation.

"THE SUCCESS OF ANY EVENT IS DIRECTLY PROPORTIONAL TO THE TIMELY PREPARATION." — L. Ron Hubbard

Seven Steps

Follow these seven steps to prepare and deal with the difficult people in your life.

1. Make the decision to face up to the person directly and by yourself.
2. Write down the exact problem you need to handle and your goal for the confrontation.

Examples of problems to be confronted that you might write down:

"Joe is refusing to pay me despite our agreement."

"Chris is hurting office morale and causing me stress with her continual complaining."

"Bob is supposedly telling people that my work is inferior and I am dishonest."

Once you specifically name or identify the problem, write down a goal for the meeting. "By the end of the meeting, I want …."

Examples of goals or objectives you might want as a result of a confrontation:

"Joe pays me in full."

"Chris stops complaining or leaves."

"Learn the truth about Bob's comments and if true, get him to stop it."

In some cases, your objective may also state:

"Figure out if I want this person as a partner/employee/boss/friend."

3. Write down a plan or list of points you need to make to support your goal.

Write down the facts, reasons and explanations you may need the other person to understand. List the points in order of priority or importance.

For example, to get Joe to understand why he must pay you, you might make these points:

A. Joe requested the service.

B. Joe signed an agreement to pay for the service.

C. We provided the service as promised.

D. Joe was happy with the service.

E. Etc.

4. Write down objections, reactions or disagreements the other person may have.

Include everything you are afraid might happen during the meeting. Putting specific concerns and fears in writing reduces their impact on you.

For each objection, reaction or disagreement you expect will happen, write a solution of how you will deal with each.

5. Organize your notes and gather supportive documents.
6. Arrange the meeting where you will not be disturbed, preferably in a space you control.
7. Start the meeting.
A. Look the person directly in the eye.
B. Explain the specific problem you want to resolve as you noted in Step 2.
C. Go over your first point on the list from Step 3.
D. Listen carefully to the other person and make certain they feel understood.
E. Hold a position on your points.
F. Use your solutions to their reactions as you worked out in Step 4.
G. Continue describing your points and listening to the person's side.
H. Do not give up. Communicate and persist for as long as it takes to reach your goal.
The more frequently you confront and handle difficult people, the easier it becomes. The amount of time it takes to prepare for a confrontation decreases. You become strong and tough.
When you confront and handle everyone around you, people respect you for your courage, your honesty and your control. Your associates, employees or coworkers follow your example and become more productive. Your enemies either become harmless or become friends.
Taking positive organized action, despite fear, is the kind of courage all successful people must have to succeed.

How to Create Your Own Success

What motivates you?
Love? Money? Happiness? Peace? Glory?
Yes—but what's behind all of these? What is your deepest source of motivation and power?
The answer might surprise you.

Creating!

"The Dynamic Principle of Existence is creating." — L. Ron Hubbard
Let's break that down:

- **Dynamic** = energy, motion, power
- **Principle** = a core rule or law
- **Existence** = being alive

In other words: The driving FORCE of LIFE is CREATING.
You can use this discovery to create your own success.

How Creative are You?

You might think:

- "I'm not an artist. This doesn't apply to me."
- "I tried creating a business once. It was a waste of time."
- "I don't have time to be creative."

But the truth is, you don't need to be an artist or inventor. You already **create**—every word you speak, every plan you make, every path you take.
You can create:

- Solutions
- Joyful experiences
- Strong relationships

- A healthier body
- A better future

As a result, you enjoy a happier life.

What Happens If You Stop Creating?

"A person who no longer creates, will have problems." — L. Ron Hubbard

Here are a few problems you might face when you stop creating:

- **Boredom** – Life feels flat or meaningless.
- **Low self-esteem** – You stop proving your value to yourself.
- **Stagnation** – Without new challenges, your life stalls.
- **Unhealthy habits** – You may turn to distractions instead of creation.
- **Relationship problems** – Relationships fade if not actively created.
- **Lack of progress** – You stop growing personally and professionally.
- **Irrelevance** – Others pass you by because you're not contributing.
- **Fear** – Your mind creates anxiety, stress and terror without your permission.
- **Missed opportunities** – You don't spot great choices that are right in front of you.

Marriage problems occur when the spouses stop creating the marriage. When it is constantly created, the marriage thrives.

When the people in a business do not create that business, it dies. For example, Kodak could have dominated the digital camera industry, but its leaders were not creating the company and refused to change. So Kodak went from a highly-profitable company to a bankrupt company.

Companies like Blockbuster, Radio Shack, Circuit City, Toys-R-Us and others failed because they did not constantly create or innovate. They became stagnant and died.

When the leaders in a business constantly innovate and create, they thrive. For example, Apple, Microsoft and Google never stay the same. They constantly create their operations, their products and their services. They make themselves more useful and more valuable.

If you stop creating your life, your progress stops.

Creating Brings Success

What do the most successful people in history have in common?

They created.

- Michelangelo created masterpieces
- Thomas Edison created the lightbulb
- Henry Ford created the auto industry
- Oprah Winfrey created a media empire
- Steve Jobs created the iPhone

Success follows creation.

YOU can be just as creative!

12 Examples

- **Entrepreneurs** create jobs and opportunities

- **Entertainers** create memorable experiences
- **Leaders** create visions that others follow
- **Teachers** create understanding and inspiration
- **Spouses and parents** create loving environments
- **Writers** create stories and lessons (you're reading one now!)
- **Athletes and gamers** create winning strategies
- **Designers** create beauty and functionality
- **Scientists** create breakthroughs
- **Chefs** create nourishment and delight
- **Managers** create skilled teams and exciting production games
- **Programmers** create the tools that run the world

Five Exercises to Build Your Creative Muscle

1. **Use Your Imagination**
   Picture yourself as a highly creative person. Imagine yourself inventing something new, building a successful business or creating an exciting event.
2. **List Your Wins**
   Make a list of things you've created—projects, solutions, improvements and so on. Keep adding to the list. Read the list whenever you need inspiration. As you create new things, add them to the list.
3. **Create Something New Right Now**
   Set a timer for 10 minutes and go for it! Write a story, invent a side business name, reorganize your desk, make a new type of snack, do a task in a new way,

draw a beautiful doodle, anything at all. It doesn't need to be perfect, just creative.

4. **Find Some Inspiration**
   Pick a creation that is amazing to you. Use it as a model or inspiration to create something of your own. Ask yourself, "How can I start with this and create something better?" "Can I use this incredible idea in my own work?" "How could I combine this brilliant creation with this other brilliant creation?"
5. **Constantly Think About Creating**
   When you wake up, think "What can I create today?" When a problem is stopping you, ask yourself, "How can I put more creative energy into this situation?" When you think about your future, add "What will be my greatest creations?"

Seven Action Steps: How to Create Your Success

1. **Solve problems creatively.**
   Pick a problem and ask yourself, "How can I solve this by being more creative?" "How else?" "How else?" Keep going until you discover something that works. Example: A neighbor sits on his porch each morning playing loud music. It drives you crazy. You think it over and create a few new solutions to try. So the next morning, instead of reacting, you smile, you wave—or offer some fresh cookies.
2. **Break bad habits by out-creating them.**
   Example: You want to stop smoking but the urges control you. So you create replacements like deep breathing, moving your body around as fast as possible or making someone laugh.

3. **Raise your pay by creating improved performance.**
   For example, invent more efficient ways to do your tasks, create a better service or product, or find new ways to accomplish more in less time.
4. **Strengthen your relationships by constantly creating them.**
   For example, create fun activities, make time for more communication or set some exciting goals.
5. **Improve your health with new creative habits.** For example, make healthier meals, find a better sleep system and make exercise more enjoyable.
6. **Handle negative emotions–like fear, anger or depression–by creating positive experiences.** For example, you're afraid to fly, so you create a wonderful experience by bringing your favorite snacks, a terrific book, a movie and a new playlist of music you love. Flying is now a joy.
   Or one of your coworkers makes you angry with his daily political rants. You create positive conversations by changing the subject to things you both love, such as cars, hiking or a mutual friend. Your anger is gone.
7. **Create your life every day.**
   For example, upgrade your spaces, reorganize your schedule, master new valuable skills—even upgrade your personality.

Top 10 Benefits of Creating

When you create regularly, you:

- Feel more **alive and energized**
- Experience more **joy and purpose**

- Build **confidence**
- Stay **mentally sharp**
- Improve your **relationships**
- Make real **progress**
- See more **opportunities**
- Stay **relevant and growing**
- Avoid **boredom and regret**
- Attract **other creative people**

How to Handle Kids (Or Adults Who Act like Kids), Part One

Raising children is one of the most important and rewarding jobs in the world. It can also be one of the toughest. Kids grow up to be tomorrow's parents, leaders and creators. How they are treated today shapes our future.

"When children become unimportant to a society, that society has forfeited its future." – L. Ron Hubbard

Whether you are a parent, grandparent, teacher or someone who simply cares about the next generation, these insights from L. Ron Hubbard can help you raise kids who are confident, resilient and capable.

1. Give an Abundance of Love to Children

Children who feel genuinely loved grow up with more confidence, resilience and courage. They know they have a safe base to return to, no matter what life brings.

"Affection could no more spoil a child than the sun could be put out by a bucket of gasoline." "A child

factually does not do well without love. Most children have an abundance of it to return." – L. Ron Hubbard

For example, tell your children that you love them through thick and thin. Give them hugs every day. Put your arm around their shoulders when you know they are feeling down.

Wrong Approach Examples

- "Kids should only get affection as a reward for good behavior."
- "Why are you crying? Toughen up."
- "My dad never said he loved me, so why should I?"

Children raised this way can feel insecure and alone in the world.

Right Approach Examples

- "My parents loved me through thick and thin. I'll never forget it."
- "I can take on the world. If I fail, my parents will still have my back."
- "Even as an adult, I still feel stronger knowing my parents love me."

Kids who grow up with consistent love and affection feel safer. Quality time and genuine care are far more valuable than expensive gifts.

---

2. Instead of "Training" Kids, Guide Them

Children are not objects to be controlled. They are people learning life skills, making decisions and becoming independent adults.

"Children are not dogs. They can't be trained like dogs are trained. They are not controllable items." "What works is simply to try to be the child's friend. It is certainly true that a child needs friends." – L. Ron Hubbard

Wrong Approach Examples

- "You must do exactly what I say because I'm the parent."
- "Kids should obey instantly without question."
- "Explaining why rules matter is a waste of time."

Children raised this way may comply on the surface but often feel resentful or powerless. They learn to follow orders rather than think for themselves.

Right Approach Examples

- "I want to help you figure this out, not control you."
- "Let's talk about why this rule matters so it makes sense to you."
- "I'm here as a guide, not a drill sergeant."

Treat children as friends who need understanding, respect and guidance. They will learn to make good choices on their own.

---

3. Listen, Observe and Understand

Children sometimes dramatize, get moody or get upset. What they need most is a calm, caring adult who listens, understands and helps them solve problems.

"Observe them — and this applies even to babies. Listen to what children tell you about their lives." "Try to find out what a child's problem really is and without

crushing their own solutions, try to help solve them." – L. Ron Hubbard

Wrong Approach Examples

- "Stop crying or I'll give you something to cry about."
- "Calm down right now. I mean it."
- "I don't have time to hear your side of the story."

When adults respond this way, kids feel unheard and misunderstood. Their problems may grow worse because no one takes time to see what is really happening.

Right Approach Examples

- "Tell me what happened so we can fix it together."
- "Help me understand what's going on. Take your time and I'll just listen."
- "Let's figure out what you think the solution might be."

Being calm, patient and genuinely interested gives kids the best chance to solve their problems.

"A good, stable adult with love and tolerance in his heart is about the best therapy a child can have." – L. Ron Hubbard

How to Handle Kids (Or Adults Who Act like Kids), Part Two

Part One covers the first three key ingredients to help children grow into confident, responsible and independent adults. Part Two continues with three more.

4. Give Kids Enough Freedom, but Not Too Much

Children need freedom or they will resent you.

"How would you like to be pulled and hauled and ordered about and restrained from doing whatever you wanted to do? You'd resent it." – L. Ron Hubbard

Kids who are constantly bossed around or micromanaged may grow angry or rebellious.

Wrong Approach Examples

- "Stop what you're doing and come here right now!"
- "You can't make any decisions on your own."
- "I expect you to follow every rule without question."

Right Approach Examples

- "I want to hear your ideas before we decide what to do."
- "You can choose what game to play after homework is done."
- "You're old enough to decide some things for yourself."

But what if you give them freedom and they might hurt themselves?

"You say that if he is not restrained from pulling things down on himself, running into the road, etc., he'll be hurt. What are you as an adult doing to make that child live in rooms or an environment where he can be hurt?" – L. Ron Hubbard

Wrong Approach Examples

- "Don't touch anything in this house. It's all breakable."
- "You can't play outside because there are too many hazards."
- "You need to stay still or you might hurt yourself."

Right Approach Examples

- "I moved the breakable things so you can play without me worrying."
- "We set up a safe play area where you can run around."
- "Let's learn how to handle tools safely instead of keeping them locked away forever."

Children thrive when they have freedom within safe boundaries. Too much restriction creates rebellion, while too much freedom too soon creates chaos.

---

5. Help Kids Reach Their Main Goal

Children need a goal that gives their growing-up years purpose.

"Perhaps the single most important point to make clear to the parents is the importance of giving goals to a child, and that the most important goal is that of growing up to be an adult." – L. Ron Hubbard

Giving kids responsibilities and age-appropriate challenges helps them feel capable and motivated.

Wrong Approach Examples

- "You don't need to do chores. You're just a kid."

- "I'll take care of everything for you because you can't handle it."
- "You don't need to think about the future yet. Just relax."

Right Approach Examples

- "You're ready to take on more responsibilities this year."
- "Let's set a goal for you to save for something you want."
- "You can handle this new job at home. I trust you."

But does that mean kids should have the same rights as adults?

"But under no circumstances should he be possessed automatically of as much right as an adult in the sphere of the home. To give him this is to remove the main goal of his life: growing up." – L. Ron Hubbard

Wrong Approach Examples

- "Act however you like. Eat whatever you want. Sleep whenever you like. Unlimited screen time, no problem."
- "Chores? Do whatever you want."
- "You can have all the freedom of an adult any time you like."

Right Approach Examples

- "When you show me you can handle more responsibility, you'll get more freedom."

- "Privileges come when you're ready to handle them."
- "Let's talk about what freedoms you've earned this year."

6. Why Some Adults Act Like Kids

"Children who have received too large a bonus for being children are those who progress the least satisfactorily." – L. Ron Hubbard

Kids who get endless rewards for being cute or funny—without learning responsibility—often grow into adults who expect life to keep rewarding them without effort or accountability.

Wrong Approach Examples

- "You don't need to do anything. Here's another gift because you're so cute!"
- "It's okay if you never help out. You're still my baby."
- "Your little dance is so good, you get a new iPhone!"

Right Approach Examples

- "I'm proud of how you are helping me without instructions."
- "Once you take care of your daily chores, you'll earn more privileges."
- "I know you can handle this responsibility. I'll support you, but it's your job."

Rewards should be tied to effort, responsibility and progress, not for just being a kid.

6-Point Summary (Parts One and Two)

1. **Love and Affection:** Give plenty of genuine warmth; it never spoils a child.
2. **Respectful Guidance:** Lead as a friend and example, not as a controller.
3. **Understanding and Support:** Observe, listen and respond with steadiness and tolerance.
4. **Balanced Freedom:** Provide freedom within safe boundaries to encourage exploration and responsibility.
5. **Goals and Responsibilities:** Set meaningful goals and age-appropriate tasks; let independence grow as maturity grows.
6. **Avoid Overindulgence:** Tie rewards and privileges to effort and responsibility, not just charm or cuteness.

12 Rules to Replace Money Problems with Financial Freedom

● Are you sick and tired of worrying about money?
● Would you be a lot happier if you had no debt and a big savings account?
● Do you wish you could enjoy the rest of your life without needing to make money?

If so, you are in luck! You can end your money problems, starting now, by just following these 12 rules.

These rules may take some self-discipline, but they are simple and they work.

The rules come from the money management advice of L. Ron Hubbard and have helped thousands of people and businesses build real wealth.

The only reason you have money problems is because you break one or more of these rules. If you follow all 12, you become financially free.

Note: Included with each rule is a mixture of personal and business examples.

Rule #1: Be Very Careful with Every Dollar

When money is tight, treat every dollar like it matters—because it does. Careless spending creates a bad habit of living beyond your means. Careful spending builds the habit of control. Examples:

- Cancel subscriptions you no longer use.
- Wait 48 hours before nonessential purchases.
- Buy used things instead of new things.
- If you need to agree to future payments, take your time to work out the best deal you can.

If you have no money, get creative! Use your intelligence to discover brilliant new solutions to earning money.

You don't need money to make money. You just need to be smart.

Rule #2: Share Your Progress, Never Beg or Complain

Sharing your money struggles only brings pity, not solutions. Complaining about money ruins your image. It also makes your creditors worry you won't pay them back.

Instead, talk about your goals and share your progress:

- "I'm training myself to earn more money."
- "We're starting an incredible new service."
- "I'm excited about the future!"

This builds confidence, trust and security.

Rule #3: Control Your Money

If you fail to control your money, you lose it with irresponsible, impulsive spending. Instead, be a professional and spend your money with a weekly plan.

Set aside one time each week, like Sunday night, to spend money. Avoid spending money during the week. Make your spending decisions based on these four facts:

● How much money you currently have available
● How much you currently owe now and during the next week
● What you need to buy and how much each item costs
● How much you must earn during the upcoming week

As a result, your decisions will be smarter and lead to your financial success.

Create a form that shows the date and the four financial facts. At the bottom, write down your spending decisions.

Example:

Date: September 7, 2025

Account Balances: $4,321 ($123 in cash, $1233 in checking account, $2965 in set-aside account for loan payment)

Amount Owed: $1141 now (rent, phone) and $6000 next week (loan payment)

Amount Needed During Week: $241 ($211 for food, $30 for gas)

Must Earn: $1141, $6000 and $241 = $7382 minus $4321 cash available = $3061 needed

Plan: Pay rent and phone. Spend up to $241 for food and

gas during the week. Focus on making at least $3061 during the week so I can pay the $6000 loan payment next week.
You now have control of your money and know what you must do.

Rule #4: Never Spend More Money than You Earn

This rule is a law that no one can break. If your expenses are bigger than your income, either increase your income or cut your expenses . . . fast. If you cannot quickly increase your income, you have no choice. Reduce your spending.
Examples: Move to cheaper housing, stop eating at restaurants, switch to lower-cost phone plans, put a limit on travel expenses and avoid new commitments until your income is safely higher than your expenses.

Rule #5: Learn to Say "NO"

Demands for your money come from every direction: friends, family, employees, advertisers, habits and influencers.
If it's not easy for you to ignore money demands, stand in front of a mirror and practice saying "NO." It's easier when the time comes.
Examples: Say "no" to new debt, refuse plan upgrades, give loans to no one, add no new expenses and avoid new "deals" based on hype or hope.

Rule #6: Spend Money on Things That Pay Back Extra Money

Every time you spend money it is either gone or it comes back to you. For example, you buy an apple, you eat it and it's gone. You don't get two apples back. But if you buy an apple tree and plant it, you get hundreds of apples back.
When deciding how to spend your money, try to always get something back. Ask yourself questions like these:

- "Will this purchase put extra money back in my pocket?"
- "If I pay out $1000, how much more than $1000 will I get in return?"
- "What's the Return on Investment (ROI)?"

Examples of Bad ROI with zero return: The newest iPhone, a 10-day Hawaiian vacation for your employees, or a brand new car.
Examples of Good ROI with great money return: A reliable car to get more work, a marketing project that brings in extra paying customers, or a brand new house.
Investing in yourself can be your biggest ROI. Spend it to make yourself smarter, more useful, saner and more powerful. Constantly improving or adding to your work and life skills always boosts your income, sooner or later.
For more examples, read "How to Spend Money to Make Money."

Rule #7: Save Before You Buy

If you want something big or expensive, the worst thing you can do is add more debt. Leasing or using credit to buy something is bad for your financial future.
Instead, save a little bit each week to buy your big purchase. You then get a better price because you wait. You may find you actually don't need to buy it or can use something else

for free. You also enjoy more self-respect as one of those rare "pay as you go" people.
Instant satisfaction feels good, but is expensive and temporary. Delayed satisfaction does not include more debt and feels good for many years.
Examples: New car, fabulous vacation, top-end laptop, swimming pool, office furniture.

Rule #8 Trick Yourself into Saving Money

To do this, arrange weekly or monthly "bills" that buy things you can cash out later.
Examples: Automatic deduction from your pay into your retirement account, loan payments for some land that is growing in value, costs to buy a partnership in a growing business.
Read "The Secret to Saving Money" for more examples.

Rule #9: Focus on Earning Money, Not Your Money Problems

Once you know how much money you need to make, stop worrying about your money problems and debts. Put most of your time, attention and work on EARNING MORE MONEY.
Example: You calculate you need to earn $3000 extra this week, so you spend every hour of the week working to get it. You produce more each day, spend more time promoting yourself, add a new income source, learn a new skill, increase the value of your work, help someone do a better job or negotiate a better deal. You make it go right and earn $5000 extra and know how to do this EVERY week now.

Rule #10: Don't Buy Popularity

Never give money to people so they will like you. Don't try to buy status. Trying to be popular with fancy clothes, cars or gadgets is a huge waste of your money.

- "Hey Jill, you're making more than us. Buy us lunch!"
- "Wow, you look good in that new Corvette. If you get it, women will want you!"
- "C'mon boss! Give us all a raise and we'll really love you."

Another part of this rule is to not give personal loans to be liked. At first you are loved, but you'll probably lose this love when you ask for payments. You may even forgive the debt to restore the friendship, and lose all the money.

More examples: Ignore expensive furniture stores. Never buy devices to make a good impression. Decline hosting parties. Eat at home with your family instead of eating at expensive restaurants with big shots you dislike.

Read "How to Be Liked and Admired" for a better way.

Rule #11: Calculate Your Biggest Income Loss

The biggest way you lose money is not from high interest rates, taxes or criminals. It's from NOT making the money you SHOULD be making.

Office assistant example: You could be earning $4,500 a month if you learn a new software program your company uses. Yet because you do not take the free training, you stay at $3,800 a month. That's $700 lost each month.

Dentist example: You SHOULD be earning $18,000 pay per month, but instead of working at least 8 hours per day, you

only work 6 hours and then play golf for 2 hours each day. You lose $4500 per month.
Business example: You have enough customers, spaces and staff members to earn $100,000 per week, but your only make $80,000 per week. This is a loss of $1,040,000 per year.
This is also known as an "opportunity loss."
When you reach your true earning potential, NEW opportunities to earn even more appear.

Rule #12: Use Your New Wealth to Get Richer

When you finally have more money than you need, don't lose it! Do not get a big loan or waste it with careless spending.
Instead pay off every dime you owe and invest the leftover money into things that will earn more money for you. You are on your way to wealth!
Examples: Pay off all debts, even your house mortgage. Pay off your credit card balances every month. Invest in your property, the stock market or yourself.
Once you have all the money you need and want, then spend the excess however you wish! Trips, cars, donations, gifts and boats. Enjoy!

How to Protect Yourself From Catastrophes

One of the most stressful aspects of managing your life, job or business are those darn SURPRISES.

For example, you are going along, believing everything is fine, then WHAM! Your son gets arrested. Your neighbor cuts down your tree. Your car is stolen.

Your bank account is hacked and emptied. Your doctor gives you some bad news. Your partner lies to you.

Any job can include surprising catastrophes. You get demoted or transferred. Your co-worker falsely accuses you of theft. The boss screams at you.

Odds are good you'll be hit with several big surprises in your life. They stop your progress, slow down your production and hurt your success.

In this article, we describe a powerful solution you can use to actually PREVENT catastrophes. Actions you can take now to protect yourself from every disaster you can imagine. It's magical!

Unfortunately, when catastrophes happen, most people make things worse with bad "solutions."

Eight Bad "Solutions"

1. You Take Catastrophes Too Seriously

You believe your unexpected disasters are so important that when they happen, you stop succeeding or deliberately reduce your income. You become less aggressive, less intense or less passionate.

2. You Get Dramatic

Another bad approach is to become a victim or a coward. You cry, pout, worry, moan and groan. The problem then gets worse. In fact, you may seem to attract MORE catastrophes.

3. You Go Numb

When you are hit with a catastrophe, you might want to use drugs or alcohol to deaden your feelings. You say, "This is so horrible! I need a drink!"

You try to turn off the world. But to handle the disaster and then succeed, you must perceive and think with clarity, all the time.

4. Permanent Anxiety

Constantly worrying about potential disasters, problems and risks makes your life miserable. You spend so much time thinking about problems and catastrophes that you are blind to the opportunities that surround you.

You also lose sleep, make bad decisions and live in a world of negative emotion.

5. You Blame Others

When disaster strikes, you might point the finger at your spouse, your boss, your government or even "bad luck." Blaming others may feel correct for a moment, but it leaves you powerless. If other people can ruin you, you can't fix the problem.

6. You Pretend It Isn't Happening

Some people simply ignore catastrophes, hoping they will go away. They refuse to open their mail, won't answer the phone or avoid unhappy customers. But ignoring problems never makes them smaller. They usually grow into even bigger catastrophes.

7. You Overreact

Another mistake is to blow up your life over one catastrophe. You quit your job on the spot, throw away a friendship or walk away from your business. Yet catastrophes can be temporary — but big rash decisions can create permanent damage.

8. You Live in Past Disasters

Some people keep replaying their biggest catastrophes in their minds for months or years. They tell their victim story again and again to anyone who will listen. They use the catastrophe as an excuse for every failure that follows.

Instead of moving forward, they are stuck in regret and create a lifetime of misery from a single bad event.
So if these eight "solutions" actually make things worse for you, what should you do?

60 Examples of Catastrophes

Catastrophe Insurance

"A catastrophe occurs by lack of prediction of a possible circumstance. Those things planned for do not become catastrophes." — L. Ron Hubbard
In other words, catastrophes do not happen if you see them coming and then plan to deal with them. You protect yourself by predicting and planning for them IN ADVANCE. Once you have a plan for handling every conceivable disaster surprise, you can relax. You are ready for anything. If the catastrophe ever happens, you do not take it too seriously or overreact. You do not feel like a victim, suffer from permanent anxiety nor let it take over your thoughts. Instead, you take command of the situation and resolve it with your plan. Your prosperity continues.

Three Steps to Protect Yourself with Catastrophe Insurance

At first, these three steps might seem like too much work. However, doing these steps now can save you years of damage in the future. Even a few simple steps, taken now, makes your life less stressful and more successful.
1. Make a list of all the catastrophes you expect may happen to you. Include everything that makes you worry. Small things, big things, anything you can think of.
2. Next to each item on your list, write a plan to prepare for it or even prevent it. What can you do now to be

ready for the catastrophe? Some potential catastrophes require a single preparation step while others need a detailed, 20-step plan.

3. In a third column, write what you will do if the catastrophe actually happens. How will you handle it?

Five Examples

1. The Presentation

Step 1: You sleep in and arrive late for your big presentation.

Step 2: You prepare by setting two alarm clocks, laying out your clothes, setting up the coffee maker and planning alternate transportation in case your car won't start.

Step 3: If the worst happens, you'll use your backup plan and still arrive on time. With everything ready, you fall asleep and wake up calm, confident, and on schedule.

2. Joe and His Wife

Step 1: Joe worries his wife will be very angry when she learns he quit his job.

Step 2: He prepares by planning how to explain his decision, rehearsing his words and thinking through her possible reactions.

Step 3: If she does get upset, he's ready to calmly answer her concerns and keep the conversation constructive. Because he prepared, the talk goes smoothly and they plan his job search together.

3. The Flooded Basement

Step 1: The catastrophe is losing everything in a basement flood.

Step 2: You prepare by storing valuables in waterproof bins and keeping an emergency pump ready.

Step 3: When the river overflows and your basement starts to flood, you turn on your pump. You lose nothing while

your unprepared neighbor loses thousands in valuable possessions.

4. The Lost Phone

Step 1: Roxanne loses her phone while traveling.
Step 2: She prepared by writing down her important logins on paper and carries them with her passport, and backing up her photos and documents to the cloud.
Step 3: If Roxanne's phone is lost, she buys a cheap replacement, logs in to her apps and continues her trip without stress.

5. The Business Lawsuit Threat

Step 1: You own a small business. One of your former employees threatens to sue you.
Step 2: You are prepared by keeping your records accurate and organized, and having a lawyer ready to act.
Step 3: If the threat actually arrives, you quickly send your paperwork to your lawyer, who forwards it to the employee's attorney. The case is dropped, and your business continues unharmed.

Four Tips

1. As you do this exercise, you may feel uncomfortable and nervous. This is normal! It shows you are facing important issues before they occur. Just keep working on it and you'll feel terrific when you are finished.
2. After you finish, you will probably think of more things to add to your list. So keep it handy and constantly update it.
3. Each time you feel stressed or worried about a potential disaster, add it to your list. If it's already on the list, simply add more preparation steps until you are no longer worried.
4. Review the list every few months. When you review old solutions, you think of new preventive steps and better solutions.

Biggest Benefit

"A catastrophe occurs by lack of prediction of a possible circumstance. Those things planned for do not become catastrophes." — L. Ron Hubbard

That's right! Because you have planned for the surprises on your list, they won't happen to you. Most people don't believe this is true. However, follow our recommendations and see for yourself.

Two Steps to Clear Your Mind and Boost Your Edge

The more attention you have available, the greater your happiness, confidence and success. But in today's fast-moving world, your attention is constantly pulled in a dozen directions at once.

L. Ron Hubbard discovered several self-improvement exercises you can do anytime, anywhere, to bring your focus back. One of them is covered in the "How to Look Younger and Act Younger." Here's another one.

This success tip is so simple you can learn it in seconds, yet powerful enough to clear mental clutter and sharpen your focus in minutes.

"Feel Freer"

"Pick out two similar objects. Then find as many differences between them as possible."

"Now pick out two objects and see where they are in relation to each other and your body."

"Use these two steps over and over. You will feel freer and see better." – L. Ron Hubbard

How This Exercise Works

At first glance, this exercise may seem too simple to work, but the improvement to your awareness and feelings can be significant.

By closely examining the world around you, identifying differences, and noticing their relationships in space, you increase your ability to observe and be in present time.

For Example

1. You look around and decide to use two pens on your desk.
2. You find the differences.

You say to yourself, "One is blue, one is black. One has a scratch, the other is new. The ink is lower in one of them. One of them feels heavier. Ha! I just felt a little lift – like my mind shifted into a higher gear. I'll try step two now."

3. You pick out your coffee mug and your computer mouse. You think, "OK, these two objects are on my desk about three feet apart. The mouse is about a foot from my head and the mug is two feet to the left of my body. Hmmm, I kind of feel a connection here. Interesting feeling – like waking up from autopilot!"
4. You then do the first step again using two similar spoons. You notice their weights, their color differences, even how they taste. Your mood gets a nice boost.
5. Then you pick two pieces of furniture. You examine how they are positioned with each other and with your body. You feel more in present time.
6. You say to yourself, "Wow, that actually works! I'll do this again tomorrow. I'm ready to get busy!"

Two More Examples

1. While stuck in traffic waiting for cars to move. You find differences between two similar cars in front of you. And then you observe the locations between your body and your car doors. You go back and forth until you stop complaining and start enjoying the moment.
2. While taking a walk on a sunny afternoon, you find differences between two trees or two clouds. You notice location relationships between two buildings and your body. You continue the two steps until your walk becomes the best part of your day.

Four Benefits of Using This Exercise

1. Sharpen Your Observation Skills – You start noticing small details others miss, and this makes you quicker, sharper and better at making decisions. For example, you can tell when a partner is hiding an important fact.
2. Reduce Stress and Anxiety – You stop overthinking to simply experiencing the world around you. You earn a feeling of peaceful calm. No drugs required.
3. Boost People Skills – You catch subtle cues in conversations which makes you a better listener. You understand people better than ever before. For example, someone makes a subtle joke and you get it, and laugh.
4. Increased Creativity – Sharper awareness of your environment helps you connect ideas and see fresh solutions that others miss. For example, you suddenly realize how you can double your income.

Recommendation

Prove it to yourself.
1. For the next seven days, set aside a few minutes each day to do this two-step exercise.

2. Each time, make a short note to record what happened.
3. At the end of the week, review your improvements.
Give it a try, right now. Pick two similar objects and notice the differences. Notice the locations of two objects and your body. Do this until you get one of the benefits.
And have a better day!

Focus on strengths, not weaknesses

Human relationships are not always founded solely on truth and action; they also rest upon a psychological and moral wisdom. Life's experiences show us that people do not advance merely on the basis of their current abilities, but rather through the relationships, words, and attitudes of those around them. Very often, a person may be weak, uncertain, or insecure, lacking the qualities that are expected of him at that particular moment. Yet if those close to him postulate positive words—making him believe that he possesses such qualities—he gradually begins to adopt those qualities in reality. This is the very principle that keeps family and social bonds alive and effective.

When we look at family life, we see that parents and children, husband and wife, brothers and sisters—all observe one another's weaknesses and are affected by them. But if weaknesses are constantly pointed out and repeated, relationships become bitter, filled with

inferiority complexes, and start drifting apart. On the other hand, if a father magnifies and praises even a small success of his son, or if a husband highlights even a modest virtue of his wife, those words become a positive projection for that individual. The person who once felt weak begins to strive to make that projection a reality, and in the process, not only does he improve himself but the bond also grows stronger.

This practice is not deception or falsehood; rather, it is a way of bringing a hidden truth to the surface. Every human being possesses certain talents and potentials. The difference lies only in whether they are able to recognize and utilize them with confidence. When a close relative or friend assures a person that he is capable, intelligent, or hardworking, it affects both his conscious and subconscious mind. He begins to form a new perception of himself and adjusts his behavior to match that new self-image. This is why psychology regards positive words and encouragement as a transformative force.

The same principle applies to social relations. If a society adopts the culture of exposing weaknesses and humiliating others, distrust grows, and relationships begin to fall apart. But if weaknesses are overlooked and people focus instead on highlighting one another's strengths and capabilities, mutual trust and peace emerge. This trust motivates individuals to perform better and spreads positive energy throughout the community.

The moral boundary of this practice is that projection should serve the purpose of encouragement and improvement, not deceit or exploitation. Convincing someone of something utterly false and misleading them is wrong. But if the intention is to awaken their hidden potential and to strengthen their heart, then this is not only morally sound but also a virtuous act from both human and spiritual perspectives. The ultimate aim is to guide a person toward their real capabilities while maintaining relationships with love and trust.

Thus, it can be said that relationships are strengthened not only by reflecting reality but also through positive postulation and encouragement. This psychological wisdom lifts a person from weakness to growth, while simultaneously making family and social bonds more enduring and joyful. The truth is that focusing only on weaknesses weakens relationships, whereas magnifying strengths and positively projecting them breathes life and freshness into relationships, making them long-lasting and a source of happiness.

In the Holy Qur'an, Allah repeatedly commands human beings to speak gently and to give encouragement to others. In Surah al-Baqarah, it is stated: *"And speak kindly to people"* (2:83). This command is not merely a demand to state facts; rather, it teaches that one's words should provide support, not wound the dignity of others, but instead grant them hope and energy. In the light of this verse, the Qur'an teaches us to strengthen relationships

and character through kind words rather than by pointing out weaknesses.

Similarly, in Surah al-Nisa it is said: *"And speak to them words of appropriate kindness"* (4:5). The phrase *"qawlan ma'rūfan"* means words that please the listener, soothe the heart, and inspire positive action. This is a clear indication that instead of insisting on people's shortcomings, one should engage in conversations that awaken hope within them.

About the Holy Prophet (PBUH & HF), the Qur'an testifies: *"It is by the mercy of Allah that you were gentle with them. If you had been harsh and hard-hearted, they would have dispersed from around you"* (Āl ʿImrān: 159). This verse shows that the secret of maintaining relationships and drawing people closer lies not in severity or in exposing weaknesses, but in gentleness, love, and encouragement.

In the practical life of the Prophet (PBUH & HF), we also find the same pattern—that he would direct people's attention more toward their potential and virtues rather than their deficiencies.

Thus, it can be concluded that the durability of human relationships does not depend solely on exposing reality or weaknesses, but requires love, gentleness, and encouragement. The Qur'an and Sunnah consistently teach the use of positive words and *qawl ma'rūf* so that individuals may gain confidence and discover their abilities. The life of the Prophet (PBUH & HF) is a shining example of concealing faults and bringing forth

possibilities. This approach strengthens both family and society, making them more harmonious and joyful.

Intellectual Arrogance and Its Cure

In the academic world, individuals who are known as philosophers, thinkers, professors, or scholars attain a special status in society due to their intelligence, study, and intellectual depth. However, it cannot be ignored that many such individuals often confine themselves to a limited circle commonly referred to as the *comfort zone*. This sphere may provide them with a sense of security and peace, but at the same time it distances them from the harsh realities of life and the practical experiences of the real world. Consequently, while they may possess theoretical knowledge and analytical skills in abundance, they are often found lacking in practical decision-making, prompt responses, or real-world insight.

This deficiency at times takes the form of *intellectual arrogance*. Because of their vast academic knowledge and intellectual depth, they begin to assume that ordinary people are inferior to them or that their opinions are somehow inadequate. As a result of this intellectual pride, they look down upon others and at times even exploit them. They tend to dismiss the simple words, experiences, or natural insights of ordinary people, although in real life it is often these very things that play a decisive role. When knowledge shifts away

from its true spirit—humanity, service, and humility—and becomes a means of pride and superiority, it ceases to be beneficial and instead turns harmful.

Another major problem such individuals face is their unwillingness to expose themselves to the trials of practical life. They remain satisfied within their academic circles, classrooms, or debating sessions, assuming that this is the real world. Yet practical life demands immediate decisions, the ability to handle people of diverse temperaments, resilience in the face of challenges, and the capacity to discover new ways for survival. When an intellectual isolates himself from such fields, he leaves his personality incomplete.

Thus, it may be said that such individuals exhibit a dual nature. On the one hand, they possess intellectual elevation and scholarly prestige; on the other, they are deprived of practical skills and simple human behavior. This deprivation breeds within them a psychological state in which knowledge is not used to guide and uplift others, but rather to dominate and exploit them. If intellectual superiority is combined with humility, it can become a source of guidance and salvation for others. But when pride accompanies it, the same knowledge creates class divisions, feelings of inferiority, and exploitation within society.

Therefore, the true need is for intellectuals to step out of their comfort zones, to connect their knowledge with the realities of practical life, and to interact with others in humility. When insight and intellectual ability are

coupled with humility and practical wisdom, a person not only becomes a leader in the world of ideas but also a support and beacon of light for others in the journey of life.

To avoid intellectual arrogance, it is essential for scholars and thinkers to first realize that knowledge in itself is not an absolute perfection but rather a means. Its true purpose is to bring a person closer to reality and guide him toward servitude and service. When this awareness becomes firmly rooted in the heart—that knowledge is in fact a trust (*amanah*) and that its true Owner is God—then a person will see himself merely as its carrier, not as its master or ruler. For this purpose, both psychological and ethical exercises are required so that an individual may create balance within his inner self and employ his knowledge on the path of humanity and humility rather than arrogance.

One important psychological exercise is constant self-accountability. On a daily basis, a person should reflect on whether his knowledge benefited others or whether he used it to belittle them. Such self-reflection makes one aware of personal shortcomings and breaks the layers of pride. Alongside this, it is beneficial for a person to occasionally converse with ordinary people with the intention of learning from them, even from those who may not be formally educated. This allows him to realize that nature has granted every human being a share of insight and experience, and that knowledge is not confined to books but scattered across every corner of life.

From the perspective of ethical training, the most effective practice is humility and service to others. When an intellectual uses his abilities for the guidance and facilitation of others, his soul expands instead of contracting, and the wall of arrogance begins to collapse. For instance, teaching underprivileged children, helping people solve their problems, or listening attentively and patiently to others are actions that weaken inner pride.

Another significant dimension is worship and spiritual training. Prayer, supplication, and remembrance of God constantly remind a person that true greatness belongs only to Him, and whatever we possess is a gift, not our personal achievement. When one repeatedly bows before his Creator and acknowledges his helplessness, the thorns of arrogance begin to leave his heart.

It can thus be said that in order to avoid intellectual arrogance, self-accountability and openness to diverse experiences are necessary at the psychological level, while service, humility, and strengthening one's spiritual connection are essential at the ethical level. If these two aspects work hand in hand, a learned individual will transform his knowledge into a source of light and guidance rather than a means of pride and superiority.

Religious Extremism Is Not the Path of the Prophets and Divine Leaders

The blessed life of the Holy Prophet (peace and blessings be upon him and his family) is a complete guide for humanity, in which the essential methods of calling to truth, patience, noble character, and guidance are clearly manifested. His mission was always to soften hearts through the proof of God and the invitation of prayer, to call people toward monotheism, and to guide those who had strayed with knowledge, wisdom, and compassion. The Prophet never presented his message through coercion or compulsion but through wisdom, good counsel, and the best conduct, so that hearts might naturally incline toward guidance. Undoubtedly, within the Prophet's mission, softening hearts and transforming lifestyles always held central importance.

This is the very foundation that shone brightly throughout Islamic history. The Ahl al-Bayt (peace be upon them), the noble companions, and their followers adopted the Prophets' approach to invitation. They treated people with respect and kindness, guided them with knowledge and reasoning, and never imposed religion upon them. This very method seemed so unbearable to some who were filled with prejudice and tribal arrogance that they inflicted suffering, persecution, and even martyrdom upon these guides. Yet, the messengers of monotheism never abandoned noble character; they embraced martyrdom with patience but never resorted to compulsion, coercion, or

excommunication. When people accepted Islam, it was the result of a spiritual and political struggle aimed at transforming social structures, economics, and individual morality—but all of this was achieved through wisdom, patience, and compassion, not by force or takfir.

Throughout the history of the Muslim ummah, however, there have been groups and individuals who, driven by personal interests or sectarian biases, took the path of declaring other Muslims as disbelievers. Such a trend runs completely against the spirit of religion. Most of those who fell into this trap were not motivated by a genuine concern for unity or guidance, but rather by the pursuit of political or personal gain. It is in this context that the saying finds its place: *"Making disbelievers into Muslims was the way of the Prophet; declaring Muslims as disbelievers is the way of someone else."* These words not only express the essence of the Prophet's mission but also rebuke those who spread division and hatred within the community by fueling internal conflicts.

This saying reminds us that the way of prophethood is one of invitation and self-reform, not hatred and sectarian strife. The goal of da'wah is not to deceive or coerce people into faith but to open their hearts and awaken their awareness. Therefore, those who rush to declare even their fellow believers as disbelievers clearly contradict the Prophetic method. Since Islam places great emphasis on intention, evidence, and inner conviction in matters of faith and disbelief, declaring someone a disbeliever is an extremely serious charge that requires utmost caution and responsibility.

Although differences may arise in theological and jurisprudential discussions, the general principle is that takfir must not become widespread and reckless. History demonstrates that whenever takfir dominated, society descended into violence, bloodshed, and the erosion of the true teachings of faith. For this reason, scholars and men of reason have consistently emphasized that disagreements in belief or jurisprudence should be addressed through dialogue and accountability, not through immediate condemnation or ostracism.

Furthermore, the Prophet's method also encompassed the building of a just social system and the protection of the oppressed. In the early days, he drew even those who were disbelievers closer to him through knowledge and noble behavior. Many of them later became believers and played a significant role in the intellectual and practical expansion of Islam. This teaches us that the effects of da'wah may not be immediately visible, but patience, wisdom, and beautiful conduct always lead to lasting and genuine results. Therefore, a true leader or reformer is one who listens, explains, and responds meaningfully to people's questions—not one who seeks to impose his views through harshness and excommunication.

The study of the blessed life of the Holy Prophet (peace and blessings be upon him and his family) makes it clear that his Seerah was not confined to the stage of preaching alone. Even when Islam entered the phase of implementation and a political state was established, the same method prevailed as in the early days of da'wah.

The Qur'an has clearly laid down the principle: *"There is no compulsion in religion"* (2:256). This principle was not confined merely to personal belief but became the very foundation of Islamic society and governance. When the Prophet established the first Islamic state in Medina, its basis was justice, tolerance, and respect for human dignity. The *Constitution of Medina* is a shining example, stipulating that Muslims, Jews, Christians, and polytheists would live together as one civic community in peace and justice, with full protection of their religious rights.

In the Seerah of the Prophet, the rights of women were also safeguarded with unprecedented clarity. At a time when the Arab society buried daughters alive, the Prophet declared that whoever raises his daughters and treats them with kindness will be granted Paradise. He made marriage conditional on the consent of the woman and gave women rights in inheritance—something unimaginable in any society of that era. Even during times of war, he ordered that women, children, the elderly, and non-combatants not be harmed, and that places of worship and religious leaders must not be targeted. These directives demonstrate that even in the phase of governance, mercy, compassion, and the dignity of humanity remained paramount.

The same attitude is seen in the conduct of the Infallibles (peace be upon them). Imam 'Ali (peace be upon him) declared in *Nahj al-Balāghah*: *"People are of two kinds: either your brothers in religion or your equals in humanity."* Based on this principle, during his caliphate, he never violated even the rights of his enemies. When

appointing Mālik al-Ashtar as governor of Egypt, he instructed him to treat the people with love and kindness, for they are either fellow Muslims or human beings like himself. Similarly, the conduct of Imam Hasan and Imam Husayn (peace be upon them) was marked by teaching, moral guidance, and sacrifice rather than compulsion. The tragedy of Karbala makes it clear that the Infallibles protected religion not through coercion but through the sacrifice of their own blood.

As Islam spread to other regions, these principles continued to govern Muslim behavior. When Muslims reached Persia, Rome, and Egypt, they neither forced people to convert nor destroyed their religious sites. To this day, ancient churches and Jewish synagogues remain in those lands, standing as testimony that Islamic governance incorporated respect for religious diversity within its political and social system.

All of this bears witness that the political implementation of Islam was also based on mercy, compassion, kindness, respect for humanity, and constructive measures—not only for fellow believers but also for adherents of other faiths. This is why the history of Islam reveals continuity between da'wah and governance, both grounded in the same moral and spiritual principles. Force was never used as a tool of oppression; rather, power was employed solely to establish justice and defend the oppressed. This is what distinguishes Islam from other empires, where power often became an instrument of exploitation, while in Islam it became a means of justice, humanity, and guidance.

In today's world, where ideological and political conflicts are intensifying, it is crucial to revive this fundamental lesson: the method of da'wah is grounded in ethics, knowledge, and tolerance. Even the internal differences within the ummah must be addressed through dialogue, moral reform, and intellectual training. Muslims must focus on self-purification, spreading true knowledge of religion, and learning from historical mistakes, so that instead of labeling fellow believers as disbelievers, they can guide them toward the path of truth.

In conclusion, the Seerah of the Prophet (peace be upon him and his family) teaches us that the true means of winning hearts are knowledge, wisdom, and compassion—not harsh words and takfir. For this, we need deep intellectual engagement rather than superficial knowledge, so that objections against religion can be answered with reason and logic. The saying *"Converting disbelievers to Islam was the Seerah of the Messenger of Allah; declaring Muslims as disbelievers is the way of someone else"* reminds us that the scope of da'wah and reform is not in hostility and exclusion but in inner wisdom, self-restraint, and the building of brotherhood. The true foundation of da'wah is knowledge, logic, and deep understanding, for when religion is grasped with depth, it penetrates hearts. Superficial preaching based on mere repetition cannot leave lasting impact; it only sparks temporary emotions, whereas deep comprehension awakens intellect and consciousness. This is why the Ahl al-Bayt and the righteous companions and successors always gave preference to wisdom and reasoning while avoiding

coercion and harshness. When religion is presented through the weapon of knowledge and logic, it not only answers objections but also opens hearts. Only then does the stage of *maw'izah hasanah* (good counsel) truly begin, where people are invited to truth with gentle words, compassion, and wisdom—not through compulsion but through love and sound reasoning. Walking this path allows us to revive the true spirit of faith and become the very ummah the Prophet envisioned and for which he was sent.

The Easy Prey of Satan

Men, women, youth, and children — every segment of humanity carries natural instincts and specific social conditions that create vulnerabilities, turning into doors and windows for Satan's schemes. In men, the pride of masculinity, the illusion of self-confidence, and the anxiety of safeguarding their social status often become traits that mislead them onto the wrong path. When under state, economic, or familial pressure, a man feels that his masculinity or honor is threatened, he tends to hide his weakness through anger, aggression, or displays of power. This very behavior often justifies oppression, injustice, and coercion against others. Economic pressure in men also fuels greed, the lust for authority, and status-seeking tendencies, which become poisonous excuses leading them toward bribery, corruption, and unethical decisions.

Women too possess certain emotional and social vulnerabilities that make them easy targets for Satan. Feelings of inferiority, social isolation, or diminished self-worth can open doors to bad advice, unhealthy relationships, or compromises of dignity and integrity. When women are socially or domestically marginalized, sometimes they make choices for survival or financial security that go against their inner peace and moral principles. The intense desire for recognition and acceptance also makes them overly susceptible to external pressures. Additionally, emotional impulses such as the urge for revenge or retaliatory thinking sometimes drive them toward oppressive or harmful actions.

The younger generation is at particular risk because they are in a stage of experimentation, grappling with questions of identity, popularity, and selfhood. Emotional restlessness, weak patience, pursuit of instant gratification, and the pull of group identity can drag them into circles that promote extremism, crime, or immoral behavior. Young people often lose their moral compass under the pressures of risky experiences, drug use, social media influence, or unhealthy friendships, as they lack mature understanding of long-term consequences. Similarly, either the lack of self-confidence or its distorted form — such as equating masculinity with recklessness — pushes youth toward dangerous paths.

Children, with their delicate nature and innocent minds, are perhaps the easiest prey for Satan, as they are not yet

capable of grasping moral principles, consequences, or social complexities. Easily influenced, they imitate stories, media portrayals, or adult behaviors. Without proper guidance, love, and boundaries, children quickly adopt bad habits such as lying, aggression, or disobedience. Their craving for instant pleasure and short-term satisfaction can lead them to petty theft, rudeness, or dishonesty. Alongside this, insecurity or fear may breed anxiety and anger, expressed in harmful ways.

In truth, every human being carries inner instincts and psychological weaknesses that Satan seeks to exploit. Yet when individuals belong to specific domains — politics, education, culture and media, economy, science, religion, the military or police, the judiciary, or domestic life — these same inner emotions and flaws manifest in specialized forms, making them easier prey. Foremost among these is arrogance, a poison that seeps into every field: in politics it becomes the self-forgetfulness of power, in academia the illusion of intellectual superiority, in media the obsession with fame, in religion the show of piety, and in the army or police an inflated sense of personal might. Once a person begins to see themselves as superior to others, they drift away from self-reform and begin to set aside justice and truth.

Greed and avarice are among the most fundamental instincts that manifest in different forms across every field of life. In economics, they appear as unethical ways of amassing wealth; in politics, as the pursuit of undue privileges and patronage; in media and culture, as selling truth for profit; and in religion, as the craving for financial

or social prestige. When greed combines with the conscience, it paralyzes reason, making people rationalize their actions and justify them as acceptable. Likewise, envy and jealousy are powerful emotions that make the pursuit of knowledge, fame, or power through corrupt means appear attractive. When resentment against others' success takes root, one begins to interpret truth through the lens of expediency.

Other corrosive traits of the heart include dishonesty, indifference — a lack of moral seriousness — and cruelty of character. These are especially widespread in the environments of media, culture, and politics, where spectacle, short-term gain, and emotional gratification are valued. In such climates, the conscience becomes numb, and trampling upon others' feelings, rights, and dignity becomes easy. In the realms of police, military, or judiciary, these traits combine with the culture of blind obedience and dehumanization, leading to inhumane acts or oppressive judgments. Once a person perceives someone as an "enemy" or "criminal," their humanity is ignored, paving the way for injustice.

Psychological pressure, economic insecurity, and uncertainty also serve as drivers of corruption and immoral choices, especially among women in families or among weaker economic groups. Anxiety and the instinct for survival sometimes weaken reason, causing people to sacrifice moral principles for temporary benefit. In science and research, the arrogance of reasoning or manipulation of evidence damages the integrity of knowledge. When the desire for spectacular

results or fame bends truth, the very purpose of science is undermined. Similarly, in the field of education, material interests or coercive governmental pressures push teachers and researchers toward unethical compromises.

Moreover, mental isolation, echo chambers, and intellectual distortion are states that make individuals easy prey for false ideologies. When one encloses themselves within a self-created chamber of thought, cut off from differing perspectives, their decisions become less subject to critical scrutiny, and false paths are more easily justified. Intellectual laziness — the habit of constantly seeking excuses for one's actions — along with prioritizing short-term pleasure or comfort over the fear of ultimate accountability, also open windows and doors for Satan.

In religion, when self-fabricated sanctity, the assumption of infallibility in leadership, or class-based exclusivities emerge, these become poisons that mislead both leaders and followers. Religion's face is reshaped for temporary political or social interests, and the masses are distanced from true guidance. Similarly, in the judiciary, the lust for fame, collusion, or fear of power weakens justice and fairness. Ultimately, within human instincts, flexibility without self-restraint, the absence of accountability, and lack of self-criticism form the common weaknesses that serve as Satan's breeding grounds in every sector.

The common foundations behind all these vulnerabilities are clear: lack of self-accountability, deficiency in

knowledge and understanding, weakness of inner conviction, societal pressure, and emotional emptiness. Religious and moral traditions prescribe remedies for these weaknesses, all pointing toward the same principle: strengthening the heart, cultivating knowledge and wisdom, maintaining systems of love and attention, and creating accountability and transparency within individuals and societies. When humility, contentment, piety, and self-scrutiny grow within the self, the powers of arrogance, greed, envy, and impatience naturally weaken, and Satan's schemes fail.

Therefore, every group must recognize its specific weaknesses, provide educational and training resources, establish emotional and social safety nets, and strengthen the heart through moral and spiritual practices. This ensures that individuals and society alike are safeguarded from Satan's deception. In all these dangers, religious teachings consistently guide toward the same virtues: humility, contentment, self-accountability, knowledge and wisdom, justice and equality, and moral courage. When these qualities become the center of life, the forces of arrogance, greed, envy, economic fear, and moral stagnation lose their grip. This is why it is essential that every sector — politics, education, culture, economy, science, religion, and the judiciary — foster self-cultivation, promote transparency and accountability, and develop norms that weigh short-term temptations of gain against the long-term moral and spiritual harm. Only in this way can humanity be protected, and Satan's favored hunting grounds be closed.

Religious Extremism and the Political Interpretation of Religion

To understand the causes of religious extremism, we must examine two dimensions. One is internal, linked to religion's own interpretations and commentaries, while the other is external, connected to the schemes and political strategies of colonial powers. The central question is whether religious extremism is merely the result of religion's political interpretation or whether it is the colonial environment that redirected religious sentiments into specific channels. Alongside this, it is important to assess whether the political interpretation of religion originates essentially from the Qur'an and Sunnah, or whether it is a mental construct of jurists and scholars.

Looking at the teachings of the Qur'an, it becomes clear that religion was never meant to be restricted solely to worship and spiritual refinement of the individual. Its social and political aspects are integral. Time and again, the Qur'an emphasizes the establishment of justice, the struggle against oppression, the liberation of the oppressed, and the responsibility of the knowledgeable and pious to uphold rights. In Surah al-Hadid, Allah makes clear that the mission of the Prophet (PBUH & HF) was to bring the Book and the Balance so that people may stand firmly upon justice. Similarly, in Surah al-Nisa'

and Surah al-Ma'idah, believers are commanded to uphold justice even if it is against themselves, their parents, or their kin. These verses prove that religion cannot be separated from political, social, and judicial dimensions. To confine religion to the mosque or monastery is to deviate from its true teachings. Thus, the political interpretation of religion is established from the very texts of the Qur'an.

The life of the Prophet (PBUH & HF) also shows that he was not only a moral guide and spiritual mentor but also the founder and leader of the state of Madinah. He established the Constitution of Madinah, which included Muslims, Jews, and various tribes, outlining their rights and duties. This was essentially a socio-political covenant, showing that the practical application of religion is impossible without social and political organization. Similarly, the government of Imam Ali (a) and his sermons and letters in *Nahj al-Balagha*, such as the Sermon of Shaqshaqiyya, confirm that politics cannot be separated from religion. Rather, the goal is to bring politics under the authority of justice and fairness.

The problem of extremism arises when the political interpretation of religion is stripped of balance, reason, and justice, and instead religious labels are used to deceive the masses, elevating corrupt and immoral individuals as leaders of society. The Qur'an explicitly forbids excess and distortion: *"Do not exaggerate in your religion" (la taghlu fi dinikum)*. When religion's political teachings are applied not on the basis of wisdom, justice, and mercy, but rather through personal ambitions,

power-lust, greed, materialism, or narrow sectarianism, extremism is born. Such extremism is not the genuine political expression of religion but a distorted and corrupted form, where a beast in the form of man sits as ruler.

On the other hand, external factors cannot be ignored. Colonial powers have long exploited religious emotions for their own interests. In the Indian subcontinent, the British used the policy of "divide and rule," fueling Hindu-Muslim and intra-Muslim conflicts. In the Middle East, colonial powers promoted Wahhabism and sectarianism to prevent Muslim unity. Palestine, Afghanistan, Iraq, and Syria are clear examples where external forces supplied weapons, funding, and propaganda to certain religious groups in order to weaken Islam's genuine political strength and impose extremism upon its face. By doing so, they sought to brand Islam with terrorism and distance people from its true teachings, which contain laws against oppression and corruption — laws that present a serious threat to colonial exploitation.

Therefore, it can be said that the political interpretation of religion is itself firmly established in the Qur'an, Sunnah, and the lives of the infallibles (a), and it is one of the fundamental objectives of religion. However, when this interpretation is detached from its true purposes — justice, peace, brotherhood, fulfilling rights, and mercy — and instead becomes a tool of greed, lust, power-seeking, material accumulation, tyranny, hatred, and bloodshed, then extremism emerges. The causes of this corruption are sometimes internal, namely the narrow-

mindedness, worldliness, and power-lust of religious opportunists and groups, and sometimes external, namely the conspiracies of colonial powers. Thus, religious extremism is neither solely the inevitable result of a misapplied political interpretation of religion, nor merely the product of colonialism. Rather, it is born from the combination of both.

Islam's true message is balance and moderation. To confine it solely to mystical isolation is wrong, just as it is wrong to reduce it to reactionary militant violence. The Qur'an and the lives of the Infallibles (a) both teach that politics, justice, and social responsibility are central to religion, but that all of these must be grounded in mercy, wisdom, and justice — not in hatred, prejudice, and bloodshed.

An important point here is that the internal causes of extremism are directly connected to human nature. Within the very fabric of the human self lies the capacity for both good and evil. The Qur'an clearly states: *"So He inspired it (the soul) with its wickedness and its righteousness"* (Q. 91:8). This reveals the fundamental truth that human beings have the potential to incline either toward good or toward evil — and this is the true ground of the test of life. When a person activates the positive dimension of their nature — justice, compassion, altruism, and goodwill — they walk the path of prophets and saints. But when they drown in the negative side — greed, lust for power, arrogance, and narrow-mindedness — they follow in the footsteps of Iblīs.

This is why every category of people — whether religious or secular, capitalist or philosopher, politician or cleric — carries the possibility of becoming extremist or destructive if driven by personal interest and worldly desires. The real issue is not religion itself or any particular ideology but the corruption of the human soul. The Qur'an calls this *hawā* — the blind following of one's desires. A person dominated by such impulses becomes a source of corruption in whatever field they occupy, not only in politics. Whenever desires are not subordinated to reason, justice, and divine guidance, the outcome is always oppression, corruption, and rebellion. This is why figures such as Pharaoh, Nimrod, Qarun, Netanyahu, or Donald Trump — none of whom were representatives of religion — still threw the world into flames of tyranny and terror through their arrogance, greed, and lust for power.

If a religious individual or group promotes violence or oppression in the name of faith, this is in direct contradiction to religion's teachings. It is their personal misuse of religion, not the effect of religion itself — much like the Khawārij of early Islam. This is precisely why, in Islam, legitimate authority is divinely sanctioned, and leadership is entrusted only to the infallible Imam, or in his absence, to the most knowledgeable, pious, and just scholar. Such a position is not for just anyone.

A true leader is one who upholds justice, supports the weak and oppressed, prefers collective welfare over personal gain, and maintains integrity in both word and deed. A false leader, on the other hand, sacrifices truth

for power and wealth, surrounds himself with flatterers, and distances himself from those who speak the truth. In social life, the mark of a righteous leader is that they are loved by the masses, especially the underprivileged and oppressed, while corrupt leaders are usually supported by elites, profiteers, and power brokers seeking to safeguard their own interests.

The Qur'an also states plainly that *"There is no compulsion in religion"* (Q. 2:256), and the Prophet (PBUH & HF) was commanded: *"We have not sent you but as a mercy to all the worlds"* (Q. 21:107). Similarly, the Ahl al-Bayt (a) consistently emphasized justice and condemned oppression. Imam ʿAlī (a) famously said: *"A government may endure with disbelief, but it cannot endure with injustice."* This makes it clear that religion rejects every form of tyranny and corruption, no matter under what slogan or banner it appears.

Thus, just as we do not abolish entire fields of life because of corruption within them — we do not abolish economics because some capitalists are corrupt, nor politics because some politicians are deceitful, nor science because it is misused for colonial or imperialist aims — likewise, the misuse of religion by some cannot mean that religion itself teaches extremism. Rather, such distortions are an Iblīs-like deception: selling falsehood in the name of truth. Recognizing this deception is the task of the insightful, and it is a test for the community.

The real function of religion is to liberate humans from the corruption of their own souls. The responsibility of a

just Islamic government is to protect society from personal and collective corruption, to promote piety, social justice, compassion, and tolerance, and to make both material and spiritual needs accessible. Every believer, therefore, has the duty to rally behind the most qualified, pious leader, and it becomes both rationally and religiously obligatory upon that leader to assume responsibility if no one more qualified exists. The Qurʾan repeatedly emphasizes *taqwā* (piety) and declares self-purification as the true condition of success. From this perspective, blaming religion for extremism ignores the fact that the real test lies in how humans, using their free will, respond to good and evil inclinations. Religion's role is to guide them toward the right path, but if someone rejects this guidance and chooses darkness, the fault lies with them, not with religion.

In my view, holding religion responsible for extremism is fundamentally unjust. It is, in fact, part of an Iblīs-inspired agenda to malign faith and alienate people from their innate source of goodness. What is truly needed is to hold individuals and groups accountable for their actions, and to unmask those who exploit religion for personal gain. In Islam, *jihād* is precisely aimed at treating such individuals whose disease is too deep to be cured by mere preaching or mild reform. Yet such a diagnosis and "surgery" must only be carried out by expert "surgeons" — the divinely guided leaders and true scholars — not by self-proclaimed impostors. When pretenders take on the role of surgeons, they only worsen the condition, and it is necessary to be vigilant against them. Religion itself declares that such people

are not its true representatives but its enemies. Only a just Islamic order possesses the authority and ability to treat these illnesses.

Thus, the conclusion is clear: the political interpretation of religion is firmly rooted in the Qur'an, the Sunnah, and the lives of the Infallibles (a), and it remains one of the essential aims of religion. Extremism and other religious distortions arise not from religion itself but from the negative inclinations of the human soul combined with colonial conspiracies. Extremism is not the teaching of Islam but a perverted misuse of it, weaponized by selfish opportunists and imperialist powers. The true message of Islam is justice, mercy, brotherhood, and moderation — and this is also the mark of genuine leadership. Therefore, instead of blaming religion, the real task is to identify those individuals and groups who sow corruption in its name. For religion itself came to rescue humanity from the corruption of the soul and to establish a just and peaceful society.

Sectarian/Religious Differences Are Man-Made

The question of true religion and human interpretations of it has always been a fundamental issue in human

history. Religion, in its essence, is one and the same, as the Qur'an declares: *"Indeed, the religion in the sight of Allah is Islam"* (Q. 3:19). The foundation of this religion has always been belief in divine unity (tawḥīd), worship, moral training, and faith in the Hereafter. All prophets were sent to call people toward this same religion, presenting its explanations according to the needs of their era and the intellectual capacity of their communities. Thus, the essence of religion has never changed, though its practical forms and legal details varied over time, so that humanity could progress through both reason and revelation.

The problem arose when human beings, driven by desires, prejudices, and psychological tendencies, neglected the essence of this religion. When the real aim — knowledge of God and piety — receded into the background, rituals and fabricated traditions took center stage. This is why in different religions we find reflections of the same truth, but often in forms far removed from the spirit of faith. For example, in Hinduism the concepts of *Brahman* and *Ishvara* point toward a supreme unity reminiscent of the one true God. Yet, at the popular level, this idea fragmented into the worship of multiple deities, overshadowing the central idea of divine oneness.

The same can be said of Judaism. The Torah and the teachings of the prophets of Israel emphasized righteous deeds, justice, and piety. Salvation was based not on lineage but on relationship with God and moral conduct. However, over time, nationalism and ethnocentrism narrowed this vision, and many Jews came to see

themselves as the exclusive chosen people for salvation. This weakened the universal dimension and true spirit of the faith. Christianity followed a similar path. Jesus (a) directly invited people to turn to God, yet with time, the Church grew powerful, and priestly authority monopolized the way to God. Despite this, even today the Gospels and Christian prayers preserve traces of a direct relationship with God.

When we turn to the Muslim community, the same point becomes clear. Islam remains preserved in its pure and original form in the Qur'an and the Sunnah of the Prophet (s). The Qur'an, unaltered, still stands open before humanity, offering every Muslim direct access to God. Yet many Muslims have intermixed the religion with their historical memories, cultural traditions, and communal legacies, often sidelining its spirit. As a result, people sometimes confuse religion with folklore, customs, or hero-worship, becoming less sensitive to God's majesty and the reality of the Hereafter. However, it would be unfair to claim that all Muslims are like this. Millions continue to practice their faith with sincerity, piety, and awareness, and they remain the true representatives of the religion.

From this perspective, it becomes clear that the real difference lies between true religion and human interpretations. True religion is one, always flowing from divine revelation and the teachings of the prophets. Human interpretations, however, shift under the influence of environment, prejudice, and personal desires. These interpretations later became entrenched

in every tradition, to the point where people mistook them for religion itself. Failing to grasp this distinction creates the illusion that religions are fundamentally different, whereas, in reality, they are diverse expressions of the same divine message — distorted and narrowed by human limitations.

Islam too embodies this truth. In the Qur'an and the teachings of the Ahl al-Bayt (a), religion is preserved in its original, complete form. But the general attitude of Muslims has often inclined toward deviation, widening the gap between Islam and the lived reality of Muslims. The true Islam is the one revealed to the Prophet Muhammad (PBUH & HF), grounded in God's oneness, piety, ethics, and faith in the Hereafter. Much of contemporary Muslim practice, however, stands in contrast to these principles.

Therefore, the correct understanding is that religion, in its essence, is unchanging. It is human interpretations and customs that have shifted over time and led to distortions. If we search for the true spirit of religion and center our vision on the Qur'an and the teachings of the Ahl al-Bayt (a), we will realize that religion has never disappeared; it remains ever-present in its pure form. What has disappeared are the human additions mistakenly taken as the essence of faith. This distinction leads us to the conclusion that, to truly understand religion, we must not judge it by the conduct of its followers but by revelation and divine teachings themselves.

The true religion of God has always been one and the same, but its completion and final proof was revealed through the Qur'an and the Holy Prophet Muhammad (PBUH & HF). The Qur'an itself declares: *"And whoever seeks a religion other than Islam—it will never be accepted from him"* (Āl-ʿImrān 3:85). This verse does not mean that the religions of previous prophets were different from Islam; rather, it affirms that Islam is the very same original religion, which has now reached its final and perfect form in the message revealed to Muhammad (PBUH & HF).

If a Jew, Christian, or follower of any other faith sincerely inclines towards God with piety and devotion, yet does not believe in the Qur'an and the Prophet as the final proof, then certainly his sincerity may provide him some light and moral strength in this world. However, in the Hereafter, salvation depends upon accepting the final message sent down by God. In Qur'anic terms, the rejection of the "Seal of the Prophets" is essentially a rejection of God Himself, because God's ultimate guidance has been delivered through him.

The Ahl al-Bayt (ʿa) also emphasized this truth. Imam Jaʿfar al-Ṣādiq (ʿa) is reported to have said: *"Whoever exerts himself in worship among our enemies but does not recognize our path, all his efforts are in vain."* This means that righteous deeds reach their true completion only when they are connected with God's final proof.

At the same time, it is true that some people may not fully recognize the Prophet (PBUH & HF) or the Qur'an because of ignorance, cultural barriers, or circumstances.

Regarding such individuals, commentators and theologians have written that if their hearts are genuinely seeking God and they are not deliberately concealing the truth, then they are described as *mustadʿaf* (the spiritually weak). For them, God's judgment will be based on both justice and mercy. The Qur'an states: *"Allah does not burden any soul beyond its capacity"* (al-Baqarah 2:286).

Thus, every sincere God-seeker is in some way connected with the true religion, but salvation and perfection are attained only by embracing the final proof—namely, the Qur'an and the Prophet Muhammad (PBUH & HF). Without them, religion remains incomplete. As for non-Muslims who live with sincerity, piety, and goodness, their deeds are not without value, yet eternal salvation and full acceptance in God's presence requires the acceptance of Islam in its final Muhammadan form.

If human history is viewed through the lens of religion, one can see a continuous stream, much like a river flowing from the heights of mountains down into the plains and eventually into the sea. At its source, the river is pure, clear, and life-giving. But as it flows onward, mud, stones, and impurities are mixed into its waters. Its appearance changes, yet its essence remains the same water that began from the original spring. This is the story of religion and revelation.

The divine religion revealed to the prophets was always one in its essence: pure monotheism, moral principles, piety, and belief in the Hereafter. At the beginning,

revelation was like a crystal-clear stream, fresh and life-giving. But over time, as generations passed, human prejudices, desires, traditions, and man-made doctrines entered into the stream of religion. Thus Judaism became entangled with racial exclusivism, Christianity with ecclesiastical authority, Hinduism with polytheism, and Islam in some regions with ritualism and hero-worship. These impurities clouded the original clarity of divine guidance.

Yet, just as the river never loses the essence of its life-giving water despite its impurities, so too the true essence of religion has never been extinguished within the traditions of humanity. In every era, there have been those who, amidst the muddiness, could recognize and draw out the pure water of truth. These were the saints, the truthful ones, and the genuine seekers of God, who separated cultural accretions from divine essence and lived by the spirit of revelation.

When societies turned back to the original source of religion, they experienced justice, brotherhood, and spiritual elevation. When they clung instead to the impurities and took them for the essence, they fell into oppression, prejudice, and blind imitation. Thus, the rise and decline of civilizations is deeply connected to how closely they remain aligned with the pure spring of divine religion.

This river-like journey of religion shows us that the source is always the same, and it always remains pure. The impurities are not from the source but from the path.

Those who distinguish between the two become seekers of the original spring, and God leads them to it. Those who fail to distinguish remain lost in the murky waters.

Across Judaism, Christianity, Hinduism, Buddhism, Islam, and others, despite outward differences, some universal principles have always been preserved. The first principle is recognition of man's true nature as the servant of a higher Creator. This recognition requires submission to that Creator alone, rejecting all false gods and authorities.

The second is purity of life through piety. Every religion, in its own language, teaches restraint from evil and striving towards good. Whether it is Buddhism's search for Nirvana, Hinduism's pursuit of Moksha, Christianity's call to purity of heart, or Islam's demand for Taqwa, the aim is to cleanse the soul from worldly pollution and draw nearer to God.

The third is concern for the Hereafter. Nearly every faith teaches that worldly life is temporary and that man is accountable for his deeds. Sometimes this is expressed in terms of heaven and hell, sometimes as salvation and eternal peace, sometimes as rebirth and the law of karma. The core teaching remains that one's actions determine one's eternal destiny.

The fourth is detachment from worldliness—not the abandonment of the world, but refraining from making it the ultimate goal. Wealth, power, and fame have been denounced as ultimate pursuits by all faiths. The true

purpose has always been spiritual elevation, service to humanity, and seeking God's pleasure.

The fifth is justice. God has always required human beings to oppose oppression and injustice. Whether it was Moses and Abraham standing against Pharaoh and Nimrod, Jesus confronting the tyranny of the religious elite, Buddha challenging social suffering, or the Prophet of Islam leading the struggle against Quraysh and oppressive empires—all of these point to the fact that standing with the oppressed and resisting tyranny is a fundamental demand of divine religion.

The sixth principle is human equality and brotherhood. All the prophets declared human beings to be brothers and rejected divisions based on race, color, tribe, or language. They taught that true dignity lies in spiritual purity and virtue, not in worldly titles or material status.

The seventh principle is that a person should not harm others through his tongue, his hand, or his heart. Moral virtues such as truthfulness, trustworthiness, goodwill, forbearance, mercy, generosity, and loyalty to promises have been central teachings in every religion. By contrast, vices such as lying, betrayal, deceit, oppression, malice, and envy have been universally condemned as evil.

Thus, if one reflects carefully, it becomes clear that any human being—regardless of the religion or family into which they are born—who devotes their life to servitude of the Creator, piety, concern for the Hereafter, detachment from worldliness, justice, support for the oppressed, human equality, and moral virtues, draws

nearer to the pleasure of God and walks the path of salvation. The true test is whether a person can remain steadfast upon these principles without losing the sincerity of their innate nature. This is the shared message that every prophet conveyed in his own language and in the context of his own time. It is the underlying essence that forms the foundation of all religions.

It is also very significant that just as the essence of religion has always remained one and has not changed in its core despite the passage of time, so too the essence of human nature itself does not change. Despite the differences of eras, civilizations, and environments, the nature of man remains one, and it is his greatest inner treasure. It is this nature that gives him the ability to distinguish between good and evil, that keeps alive within him the search for God and the quest for truth, and that awakens him against deviation and darkness. Were it not for this, no person could ever discover the truth of religion, because external circumstances and worldly conditions always tend to create veils and obscurity.

Human nature is like a mirror that, though it may be covered with dust and rust, never loses its original clarity. For this reason, when a human being undertakes the struggle of effort, inquiry, and sincerity in seeking truth, the features of this inner nature begin to emerge one by one. Just as scraping away the plaster of an old building reveals its original design and carvings, so too honesty

and perseverance reveal the divine lines inscribed in the human soul.

On the basis of this shared nature, one human being is able to recognize himself in another. For when someone is truly connected to the essence of his own nature, he realizes that the same essence exists in every other human being, no matter their religion or culture. In this state, one perceives the reality of the other as a reflection of one's own reality. That is why a Sufi, a dervish, a Buddhist monk, a Christian ascetic, or a Muslim mystic, when close to their own innate nature, can understand one another despite differences of language and terminology. It is like rivers that originate from different places but, upon reaching the ocean, all acquire the same taste and essence.

This is also why the inner voice of human nature can be described as a kind of "universal language" that all can understand—provided they are willing to listen. Falsehood, oppression, deceit, selfishness, and worldliness may suppress that voice, but they cannot extinguish it. Even the most tyrannical and corrupt individuals, at some moment, hear this call within themselves, though many choose to cover it and live in denial.

From a more precise perspective, human nature can be seen as a "scale" or "measure" within each person, capable of weighing and discerning truth from falsehood. Just as an expert jeweler can identify pure gold because he has a standard against which to test it,

so too human nature enables a person to sense which teachings are truly divine and which are the product of human desires and prejudices. Through this inner scale, man not only recognizes truth and falsehood within himself but can also discern it in others. This is why a sincere seeker or researcher, when studying different religions, eventually recognizes the same universal truths that exist within his own nature.

Here lies the point where the essence of religion and the essence of humanity affirm one another. Religion is essentially the outward expression of human nature, and nature is the inward fountain of religion. When these two are joined together, the true spirit of faith is revealed. Thus, anyone who sincerely seeks God will, through the light of his nature, find in the teachings of other religions the same truth, because they all originate from the same divine source.

But if all people are created with the same innate nature, why then do some go astray? This question arises precisely where the struggle begins between the *pure nature* and the *ego with its desires*. The answer can be explained in several ways.

First, human nature is like a lamp with a flame, but for it to continue shining, the environment must remain clean. If dust and smoke continuously cover it, the light grows dim and may sometimes be almost extinguished. Such is the case with human nature. A child is born, as the Qur'an says, upon the *fitrah of Allah upon which He created mankind*. But afterwards, family, society, education,

environment, and personal desires throw dust and smoke upon that lamp. Unless these are cleared away, the light of nature cannot shine fully.

Second, man has been granted free will. This is what distinguishes him from both angels and animals. Angels are compelled by nature and cannot deviate, while animals are bound by instinct and cannot exceed their limits. Man, however, has been given intellect and freedom, so that he may choose between listening to his inner nature or succumbing to his desires. This is his test. When he silences the voice of nature under the influence of desire, prejudice, greed, power, or fear, he goes astray.

Third, there are external influences. False systems that dominate history and society often impose themselves so powerfully that they cover over the voice of nature. Just as repeated propaganda through powerful media can make people accept lies as truth, so oppressive systems and entrenched traditions settle into society generation after generation, creating an environment in which it becomes difficult to hear the voice of one's own nature. Yet this voice never completely dies; it is only suppressed, and can still be heard by those who persist in their search.

Fourth, the intellect and nature of man are aligned, both pointing in the same direction. But if man does not make proper use of his intellect, even the guidance of his nature becomes dim. The Qur'an repeatedly states that signs of truth are spread throughout the heavens and the earth, but one who closes his eyes perceives light itself

as darkness. This is why some people remain astray even in the face of evident truths.

In conclusion, the lamp of nature exists within every soul, but misguidance arises when a person either allows desires and prejudices to overpower it, or succumbs to oppressive social environments, or fails to use his intellect. That is why the Qur'an declares: *"Allah does not misguide a people until they first lead themselves into misguidance."* (al-Tawbah 9:115).

Tension and solution between husband and wife

The relationship between husband and wife is one of the most delicate yet most foundational bonds in human life, built upon love, trust, and sacrifice. Exploitation within this relationship is a subtle but destructive tendency. When either spouse uses power, weakness, or psychological pressure as a weapon against the other, the very foundations of the marriage begin to weaken.

In many societies and cultural settings, the husband often possesses a form of dominance—social, economic, or familial. If misused, this dominance may become a means of pressuring the wife, whether through financial dependency, disregard of her opinions, or by exercising anger and harshness to impose his will. Although this

behavior appears as an expression of superiority, at a deeper level it reflects insecurity and lack of trust.

On the other hand, the wife too may turn her vulnerabilities into tools of control. She may exploit her husband's emotional attachment, his bond with the children, or his concern for social reputation. This can manifest through continuous complaints, emotional withdrawal, or silent punishment. She may even use the children or family pressures to manipulate her husband. In essence, both partners, in different ways, may turn the relationship into a psychological battleground where fear, pressure, and complaints replace love and trust.

The remedy begins when one of the two decides to step out of this cycle of exploitation and re-establish the marriage on mercy and trust rather than on power struggles. If the husband views his strength not as a weapon but as a responsibility, valuing his wife's emotions and opinions, then the wife will no longer feel the need to play psychological games. Similarly, if the wife sincerely acknowledges her husband's dignity and position and chooses cooperation over conflict, the husband will not feel compelled to assert authority through force or pressure. A marriage flourishes only when both partners transform their strengths and weaknesses from tools of control into means of protection, comfort, and mutual support.

The Qur'an captures this reality beautifully by describing spouses as garments for one another. A garment not only covers but also provides warmth, protection, and

adornment. When misused, clothing can cause harm, but when it fulfills its true purpose, it becomes a source of comfort and dignity. The Prophet Muhammad (peace be upon him and his family) emphasized this truth, saying: *"The best of you are those who are best to their wives."* True leadership and strength in marriage are thus revealed not through domination or exploitation but through kindness, respect, and love.

If both husband and wife understand that turning power or weakness into a weapon only harms the relationship itself, they can avoid the destructive path of exploitation. This requires open communication, the transformation of weaknesses into opportunities for protection rather than control, and the use of personal strengths to serve one another. Only then can marriage become not a battlefield of exploitation but a garden of love, harmony, and tranquility.

For those who identify as Shi'a Muslims and regard themselves as true awaiters of Imam al-Mahdi (may God hasten his reappearance), it is essential to recognize that awaiting the Imam is not merely a slogan of belief or a heartfelt desire. It is a practical lifestyle that shapes one's character and social interactions in accordance with God's will and the Imam's mission. The enemies of Shi'ism have always sought to weaken believing families by sowing discord, mistrust, and superficial conflicts, thereby diverting them from their higher purpose. Since the family is the smallest yet most fundamental unit of society, attacking it is essentially attacking the entire community. This is why the Qur'an and the traditions of

the Ahl al-Bayt (peace be upon them) have emphasized that the marital bond must be built upon love, compassion, and divine harmony, and have even described it as one of the greatest signs of God.

If a husband and wife begin exploiting one another on the basis of superficial disagreements—such as minor habits, weaknesses, or passing emotions—this becomes the enemy's greatest victory. It distracts them from higher goals and diverts their minds from the true mission of supporting the Imam, keeping them entangled in petty disputes. True awaiters of the Imam are those who see personal conflicts as insignificant when compared to the bigger picture. They recognize that God has placed them together in this world as a test, making them garments and sources of comfort for one another so that, united, they may revive justice, love, mercy, and responsibility.

To truly live as awaiters means that both husband and wife must remain sensitive to their rights and duties. The husband must exercise his authority not as a means of oppression or exploitation, but as an expression of mercy and leadership. The wife, in turn, should employ her gentleness, wisdom, and sacrifice as a support for her husband. When both remain conscious of their accountability before God, they will never turn a disagreement into a battle of egos. Instead, they will ask themselves: *Does this behavior bring me closer to the Imam, or is it drawing me into the enemy's trap?* Exploitation is born when one prefers selfish desires or weaknesses over truth, while true awaiters must place

their desires under the discipline of obedience to the Imam and the pursuit of God's pleasure.

Love, peace, justice, and responsibility can only flourish when husband and wife treat one another as trusts from God. Their mutual respect and sacrifices not only bring tranquility to their home but also foil the schemes of the enemy, for a family that overcomes small trials with patience and wisdom becomes capable of carrying greater missions. Thus, awaiting the Imam is not merely a matter of prayers or emotional longing; it is a daily practice of fulfilling one another's rights, setting aside trivial disputes, and standing united against the enemy's deceptions.

When a husband and wife regard their marital life as part of awaiting the Imam, constantly reminding themselves that they must rise above weaknesses and quarrels to prepare as workers for the divine system of justice the Imam will establish, their home becomes a fortress of love and tranquility. In this way, they themselves become worthy of being counted among the Imam's true army.

Man's Choice Between Light and Darkness

God, the Creator of the universe, brought man into this world as a purposeful being, entrusted with vicegerency and responsibility so that he may bring both his own self and his environment under the system of God's worship. This is why the Qur'an and the teachings of the Ahl al-Bayt (a) repeatedly emphasize that a person must fill his life with effort, action, awareness, and the pursuit of nearness to God. If he becomes heedless of this duty and sinks into laziness, comfort-seeking, and indulgence, he is deprived of his true humanity, becoming instead a cog in the machinery of the forces of falsehood. The Qur'an declares: *"Do not worship Satan, for indeed he is your clear enemy."* (36:60). Sloth and idleness are in fact a hidden form of Satan's worship, for they paralyze man from active servitude and trap him in the swamp of inaction. This very passivity makes him subject to oppressive powers, even if he does not outwardly profess obedience to any tyrant.

Imam ʿAlī (a) said: *"The one who falls into laziness will not fulfill any right, and the one who becomes weary will not endure upon any truth."* This statement shows that laziness is not merely a personal weakness but an obstacle that prevents the establishment of truth and the implementation of justice. Likewise, Imam Jaʿfar al-Ṣādiq (a) advised his followers: *"Beware of laziness, for it produces poverty."* This poverty is not only material but

also spiritual, cutting man off from God and enslaving him to false powers.

The Qur'an states: *"So when you are free, then strive hard, and turn your longing to your Lord."* (94:7–8). This verse makes clear that a believer should never leave his life empty; once he has finished one task, he must turn to another meaningful endeavor, otherwise Satan will seize upon his idle moments. Laziness and comfort-seeking are precisely the entry points through which falsehood infiltrates human thought and action, ensnaring him in its net.

Seeking safety and indulgence are also tyrannical tendencies, for they make man neglect his social responsibilities. Imam Ḥusayn (a) conveyed this message at Karbalāʾ: if a person chases only his personal comfort, he can never rise with the truth. He said: *"People are slaves of the world, and religion is but a taste upon their tongues; they uphold it as long as their livelihoods flow smoothly. But when they are tested with tribulation, true adherents become few."* Comfort-seeking and self-interest thus deliver man into the traps of falsehood and distance him from truth.

Sloth, laziness, comfort-seeking, and indulgence are not just personal flaws but, at the societal level, they break a community's resistance and empower tyrannical systems. A nation that becomes indolent and addicted to ease easily falls into colonial subjugation. This is why the Qur'an calls repeatedly towards striving, patience, struggle, and standing firm—for only through these

traits can man resist tyranny. Therefore, every believer must purify himself from these inner "taghūts" (false powers), so that he can rise against the external taghūts; otherwise, the inner enemy defeats him before he ever takes a step.

The human being is, in essence, a trust from God. The right of this trust is that it should not be left barren or unfruitful, but rather made into a source of light, energy, and benefit for both oneself and others. All creation is in continuous motion and effort: the earth maintains life's balance by its rotation, clouds carry water, the sun gives heat and sustains life, and trees provide shade, fruit, and oxygen. If any one of these stopped fulfilling its responsibility, the system of life would collapse. The same principle applies to man: if he remains sunk in laziness and comfort-seeking, he wastes not only his own existence but also contributes to the corruption of society.

To make existence fruitful means that every day and every moment a person should bring forth some goodness, benefit, or constructive role from his being. This is not limited to material production or physical labor; acquiring knowledge, offering support to someone, speaking a kind word, or solving a problem all count as fruitfulness. The Qur'an makes this clear: *"And that man shall have nothing except that for which he strives."* (53:39). This verse directs us to the reality that the true harvest and benefit of life lies in effort and constant action—not in mere wishes and idle desires.

In the teachings of the Infallible Imams (a), this message is found with utmost clarity. The Commander of the Faithful (a) says: *"He whose today is not better than his yesterday is in loss."* Within this statement lies the reality that man is not permitted to stagnate; he must always move forward, strive to become better than before, and make his existence more beneficial and fruitful. Similarly, Imam al-Ṣādiq (a) said: *"Our followers are like lions during the day,"* meaning that in the field of action, their lives should be filled with strength, determination, and movement. All of these emphases point to the fact that man must live with constant effort, struggle, and hope.

Hope is, in fact, the force that keeps human movement alive. If hope dies, effort ceases; and if effort ceases, existence becomes barren. Therefore, hope is an essential part of faith, for the Qur'an regards despair as being close to disbelief. A person who trusts in God and continues on his path can even turn failure into success, while the one who sits idle in laziness and comfort-seeking renders his existence worthless.

Thus, it can be said that to make one's existence fruitful, a continuous *jihād al-nafs* (struggle against the self) is required. In this struggle, one must break through the temptations of the ego, worldly desires, the lure of comfort, and the nets of pleasure. Just as prayer is a stand against Satan, so too is rising against social corruption and the injustices of society a form of prayer. In this sense, ablution and purification become metaphors for inner cleansing, and fruitfulness is

possible only when one's existence is nurtured through such purity and constant striving.

Living every moment with struggle, labor, and hope is not merely a moral piece of advice but rather the very essence of the Qur'an and the teachings of the Imams (a). A person's existence becomes truly valuable in the sight of God only when each day bears fruit and every moment becomes a means for the emergence of new creation and goodness.

The true vision of a fruitful existence reaches its peak when viewed in the context of awaiting the Imam of the Age (a). Awaiting the Imam is not just an emotional state or a mere imagined condition, but a continuous and active struggle that gives meaning and purpose to every moment and breath of life. The Qur'an teaches that man was not created in vain or without purpose, but rather as God's vicegerent and cultivator of the earth. This philosophy tells us that each person must shape his being and arrange his life in such a way that he becomes a part of the Imam's mission.

A fruitful existence means that life should not be confined merely to eating, drinking, sleeping, waking, or pursuing temporary pleasures, but that one's being should spread benefit and radiance to all around. This existence reaches its true fruitfulness only when it harmonizes with the mission of the living Imam (a). The mission of Imam al-Mahdī (a) is the establishment of justice in place of oppression and knowledge in place of ignorance. Therefore, his true awaiters are those who

adorn themselves with knowledge, ethics, justice, patience, and sacrifice, so that when the time comes, they may be worthy of joining his army. This is why the Imams (a) declared: *"The best of deeds is the awaiting of relief."* Awaiting, in itself, is the greatest act of worship, because it is not mere passivity but an active process that prepares a person in every aspect of life for the support of the Imam.

For a fruitful existence, it is necessary that a person remove laziness, idleness, and the love of comfort, dedicating each day to preparing for his Hereafter and for the rising of the Imam (a). True awaiters are never silent spectators but rise against oppressive systems and corrupt ideologies. From their pens flows knowledge, from their tongues the call of truth is raised, their hands extend to aid the oppressed, and their hearts are filled every moment with the remembrance of God and the longing for the Imam.

A fruitful existence demands that man develop within himself the capacity and breadth to be useful for the global mission of the Imam (a). If he is a teacher, he should not regard his teaching merely as a source of livelihood, but feel the responsibility of preparing the new generation as soldiers of the Imam. If he is a trader, he must conduct his business on the principles of justice, trustworthiness, and honesty, so that he becomes worthy of supporting the Imam. If he is a student, he should not see his education as just a means for a degree or employment, but as a weapon through which he can eliminate the darkness of ignorance.

The essence of a fruitful existence is that man should see beyond his own self and recognize his responsibility. He should realize that every action he performs is either strengthening the mission of the Imam or weakening it. Therefore, a true awaiter is never careless, but strives to make every action worthy of being presented before the Imam. Awaiting becomes fruitful only when it is filled with constant hope, relentless effort, self-reform, and active participation in the reformation of society. Supporting the Imam means to stand firm against oppressors and to establish justice wherever one's authority extends.

Thus, it can be said that a fruitful existence is the very spirit of awaiting the Imam of the Age (a). Whoever makes his life fruitful for the Imam transforms every moment into worship and joins the caravan whose destination is the establishment of universal justice and the realization of God's sovereignty on earth. Such a person can truly be called both an awaiter and a supporter, a seeker and a struggler, the greatest fruit of his time who strengthens the tree of Wilāyah.

God's Decree and Our Life

The greatest lesson of life is that a person should remember God at every moment and refresh his soul with His remembrance. The remembrance of God is not merely the repetition of words, but a heartfelt conviction that at every moment, the Creator and Sustainer of this

universe is with us. When a person begins the day by taking God's name, it is as if he has connected his very being to a center that protects him against every storm of existence. In the midst of the struggles of daily life, when the heart becomes restless, when problems grow, and worries begin to exhaust the mind, the remembrance of God reminds him that he is not alone. He has a support that sees everything and has power over everything. Through this remembrance, the inner anxiety of the heart is calmed, and man moves forward in the journey of life with renewed courage and peace.

In the journey of life, many changes occur—often beyond our control. Man makes his wishes and plans, but things do not always turn out as he desires. Sometimes circumstances change suddenly, and he wonders why this has happened to him. In such moments, the heart is often overtaken by rebellion, despair, or hopelessness. But the truth is that the decisions of destiny are not always in accordance with man's limited understanding. God sees what is hidden from our eyes. We only see the present moment, while God knows the past, the present, and the future altogether. Therefore, when a change confronts us, instead of resisting it, we should accept it with submission.

Consider an example: a man suddenly loses his job. In that moment, he feels defeated and complains about why this misfortune has occurred. But after some time, he finds another opportunity that proves to be far better. The end of that job becomes a source of progress for him. Another example: a patient falls ill, and apparently

this is a great trial for him. Yet, during that illness, he tastes the sweetness of patience, prayer, and closeness to God—something he could never have experienced in a state of perfect health. Thus, what seems like a loss turns into a blessing for his spiritual life.

Think of life as a flowing river. A river never ceases to flow, and it is beyond man's power to stop its current. The one who flows with it is spared exhaustion and reaches his destination with ease. But the one who fights against its current soon becomes weary and is at risk of drowning. Life is much the same. If we accept its flow, we find comfort and ease. But if we stand against it in obstinacy and resistance, the heart is filled with suffocation and burden. Accepting God's decisions is like flowing peacefully with the river's course.

One of the greatest realities of life is that at times its direction suddenly turns upside down. A person thinks his world has collapsed, his plans are ruined, or his dreams have been shattered. Yet, with the passage of time, he realizes that this very reversal became a source of goodness and blessing for him. Just as a farmer ploughs his land—the soil is turned over, and apparently it looks ruined—but in reality, this very act prepares the earth for a new harvest. Similarly, the trials and tests of life appear to disturb us outwardly, but in fact they prepare us with new strength and new paths ahead.

Most of us have experienced that what we once thought to be a loss turned out to be a blessing in the future. Sometimes the breaking of a relationship hurts us

deeply, but later we understand that it led us to better people. Sometimes failure disheartens us, but in time we realize that it revealed hidden strengths and abilities within us. Thus, the reversed direction of life often proves better than its straight course.

Understanding this truth nurtures within us both gratitude and patience: gratitude, because God chose for us what was hidden from our limited vision; and patience, because every change carries goodness, even if our intellect cannot grasp it at the moment. This attitude keeps a person content amidst the noise of the world and grants him tranquility.

Therefore, we see that the true secret of life lies in remembering God, submitting to His decrees, accepting the flow of life, and recognizing the hidden good within trials. Whoever understands this secret never falls into despair or rebellion, but remains close to God in all conditions. And this closeness is the treasure that benefits man in both this world and the Hereafter.

How to Use Pleasure to Succeed

"The reward of an organism engaging upon survival activity is pleasure."
"The penalty of an organism failing to engage upon survival activity, or engaging in non-survival activity, is pain." – L. Ron Hubbard

Survival means living, thriving, creating and succeeding. When your activities improve life for yourself and others, they give you pleasure.
Non-survival activities block or ruin life. They harm you or others, and they bring pain.

The Four Types of Activities

You can sort everything you do into these four categories.

1. Short-term Pleasure, Long-term Pleasure (The Best of Life)

These are the best activities in life. They feel good now and keep rewarding you later.
Examples

1. You build a loving relationship which is a joy from your first dates and lasts to your retirement together.
2. You enjoy learning new skills that bring you a lifetime of joy and money.
3. You exercise with a friend — it's fun right away and you keep it up for years.
4. You have fun playing chess with your daughter and then continue to enjoy the game online after she grows up.
5. You have fun planting a garden of vegetables, and later you enjoy fresh vegetables that taste incredible.
6. You help someone in need and immediately feel good — and you also build trust and lifelong friendships.

7. You love building robots, so you teach kids the skill, which is fun, and then you get lasting pride when you see them succeed.

8. You learn to write by reading and enjoying the best books ever published. You then create a writing career.

9. You have fun upgrading your home which makes it more enjoyable to live in. You also get rewarded when you sell it.

10. You start the small business of your dreams and enjoy every step. It is even more fun to run it when the profits and satisfaction roll in.

2. Short-term Pain, Long-term Pleasure (The Path to Success)

Temporary discomfort can actually produce lasting happiness, strength and success. You can endure far more than you think—and it's worth it.

"Man will endure a lot of pain to obtain a little pleasure." – L. Ron Hubbard

Examples

1. You push yourself to exercise when you'd rather rest, and soon you're healthier, stronger and happier.

2. You practice public speaking even though it terrifies you, and later lead with confidence and respect.

3. You quit sugar, alcohol, or cigarettes and suffer for weeks, but then you wake up clear-headed and full of energy.
4. You learn to apologize and repair relationships—it's painful at first, but it builds trust and peace.
5. You tackle a difficult project at work, and it leads to new skills, promotions, and pride in your accomplishments.
6. You spend weekends reading investment books, which is tedious. But ten years later you have real financial independence.
7. You face a big fear despite the mental pain it causes, but you lose your fear and enjoy freedom and happiness.
8. You endure rejection and failure while starting a business, but eventually it thrives and fulfills your dreams.
9. You teach your children discipline even when they torture you with drama, and years later they thank you for it.
10. You dedicate time each week to boring community service, but it gives you pride.

"The Stanford Marshmallow Test" is a great example of how delayed gratification, even though painful, pays off the best.

3. Short-term Pleasure, Long-term Pain (Life's Traps)

These are traps. You think the activities are good for you, but they end up ruining your life.

Examples

1. You enjoy a beautiful wedding, but your new spouse quickly turns into a slob who constantly makes you angry.
2. You waste hours each day consuming bad news.
3. You devote your day to social media in hopes of getting a spark of joy. Afterwards, you feel unhappier than before you started and have nothing to show for your time, except fresh pain.
4. You smoke to calm your nerves, but soon you can't relax without it and your health declines.
5. You flirt with someone outside your relationship for excitement, but destroy the trust you once had.
6. You splurge on a vacation you can't afford, and spend months stressed about the debt.
7. You skip your workout to "treat yourself," but feel sluggish and guilty all day.
8. You use alcohol or drugs to escape your problems, but the problems grow bigger.
9. You lie to avoid trouble, but the lie later costs you your reputation.
10. You procrastinate a task to enjoy a break, but end up with more stress and lost sleep.

4. Short-term Pain, Long-term Pain (The Worst of Life)

These are the most non-survival things you can do.
Examples

1. Working at a bad job under horrible conditions, with toxic people, with no proof it will ever improve.
2. Using alcohol, drugs, or food to dull emotional pain, and waking up with pain you then need to dull again.
3. Constantly criticizing yourself is always painful and never helps you improve.
4. Holding a grudge that hurts you every time you think about it, and never, ever forgiving the bad guy.
5. Staying in a relationship filled with anger, criticism or abuse.
6. Letting your home or environment get dirty and cluttered which makes you depressed, yet you just add to the mess.
7. Ignoring your goals year after year, while telling yourself you'll start "someday."
8. Sharing your victim stories which makes you and your listeners feel worse.
9. Giving up on your dreams and pretending they never mattered.
10. Neglecting your health, even when you are suffering, until you die.

Four Activities Worksheet

1. Short-term Pleasure, Long-term Pleasure	2. Short-term Pain, Long-term Pleasure
Review my goals. How can I make more progress? *Write and record a new song for myself.* *Surprise people with little gifts.* *Be my best friend forever.* *Completely block all political news stories in my email.* *Help someone. Be their hero!*	*Run for five miles.* *Tell my clients the sad truth about their staff.* *Put $500 extra into savings.* *Instead of letting jerks bother me, show how well I'm doing.* *Stop trying to control my kids. Let them learn from their mistakes.* *Feel afraid? find out what I'm not facing and go face it fast.*
3. Short-term Pleasure, Long-term Pain	**4. Short-term Pain, Long-term Pain**
Pizza, beer and football on TV. *Driving 80-90 MPH.* *Using my credit card for new devices I don't need.* *Flirting with people online.* *Ignoring the ice on my steps.* *Laughing at people's beliefs.*	*Showing my boss how wrong he usually is.* *Tell everyone who will listen how I was abused and damaged.* *Stealing a little cash at work when I need it.* *Constantly try to ruin my ex-partner* *Cheating on my taxes.* *Letting my weight go up and doing nothing about it.*

Exercise

1. Create a page with four lists (or sections or rows). Put these labels at the top of the lists:
   1. **Short-term Pleasure, Long-term Pleasure**
   2. **Short-term Pain, Long-term Pleasure**
   3. **Short-term Pleasure, Long-term Pain**
   4. **Short-term Pain, Long-term Pain**
2. Enter each of your activities into one of these four lists.
3. Use the 1st and 2nd lists to help eliminate the activities in the 3rd and 4th lists.
4. Constantly look for new activities you can add to your 1st and 2nd lists. Make these activities part of your life from now on.

If you do this step every time you spot a new way to increase your pleasure, you'll soon have dozens!

Click here for a blank worksheet.

Five Ways to Use Pleasure as a Success Tool

"The ability to arrange life and the environment so that living can be better enjoyed is important." – L. Ron Hubbard

1. Use Pleasure to Help You with Complicated Tasks

For example, you have some financial paperwork, legal documents or group planning to work on, but it's confusing. Normally, you might give up or go watch TV with some wine. But instead, you look at your first list and decide to take a quick jog around the block, or use one of your other sources of pleasure. You feel better and think more clearly. Your complicated task becomes simple.

2. Use Pleasure to Help You Prepare

Before you face a tough situation, like a big meeting, a stressful speech or a difficult task, spend a minute on something from your first list that quickly uplifts you, like share a joke with your friend, stretch out your limbs or feed your pets. You'll be calmer and more confident as you prepare.

3. Reduce Your Stress

Simply pick and do one of your pleasurable activities from your first list until your stress vanishes. For example, your neighbor keeps you awake with his loud music. Instead of lying in bed with anger, you look at your list and remember how much you like soft classical music with your noise-cancelling headphones. Or maybe your list includes your neighbor's type of music, so you bounce your head a bit until you feel at peace.

4. Boost Your Mood When You Need It

Thanks to your first list, you can pause whatever you're doing, quickly boost your mood, and then resume what you need to do. For example, you still feel sad about your dog dying a few weeks ago. You go through your list and pick a few activities from the first two lists. Maybe you clean your bathroom to a new level of cleanliness. Or you work on your helicopter flying lessons. Or you take the next step to starting your new business. Within hours, you no longer feel sad, but feel happy again.

5. Replace Bad Habits with Good Pleasures

Every harmful habit can be replaced by a good pleasure. You overwhelm the bad habit's urge with your natural joy.

- Instead of overeating, enjoy preparing a complicated recipe for some delicious health food.

- Instead of having a beer, take your kids to the park and play soccer.
- Instead of criticizing yourself, make two other people proud of themselves.

Roger Uses Pleasure to Handle His Gambling Addiction

Roger is addicted to gambling.
All day long he thinks about the thrill of winning and how much money he could make. But in reality, he's deep in debt and it's ruining his life. Out of desperation, he's even sold some of his wife's jewelry.
One day he reads this article and gets a new idea.
"I've tried everything else," he thinks. "Maybe I can use pleasure itself to handle my urge to gamble."
So Roger does the exercise and adds a dozen pleasurable life activities to his list. Then he replaces this harmful pleasure with better ones.
First, he decides to like himself again. It's one of the top items in his first list.
He pats himself on the back and says, "Even though I have a gambling problem, I'm still a decent guy. I'm not the loser everyone says I am."
That little bit of self-respect gives him a surprising feeling of relief.
Next, he forgives himself.
"Yeah, getting into gambling was a bad idea," he admits, "but at the time, it felt exciting. I just wanted that rush. I can do better now."

Forgiving himself removes a heavy weight of guilt. He feels lighter—and freer to change.
Finally, Roger decides to replace his destructive pleasure with a one of his creative pleasures. He's always loved fixing up old cars, so he cleans out his garage and brings in an old 25-year-old Porsche to restore.
Now, whenever he feels the urge to gamble, he pats himself on the back, forgives himself for his bad habit and works on the Porsche.
After a few weeks, his cravings are gone. The pleasure of creating something real has replaced the fake excitement of gambling.
He pays off his debts, buys his wife replacement jewelry and enjoys his healing marriage
Roger feels proud of himself.

Sierra Escapes the Social Media Trap

Sierra is nineteen and spends hours every day scrolling through social media: Instagram, TikTok, Snapchat, etc.
She tells herself it helps her "stay connected," but deep down, she knows it's an addiction. Every night she goes to bed feeling drained, unmotivated and jealous of everyone else's perfect lives.
One afternoon she clicks on this article. The idea catches her attention: "Use pleasure itself to succeed." She decides to try the exercise.
When she lists her activities, her first two lists "Short-term Pleasure, Long-term Pleasure" and "2. Short-term Pain, Long-term Pleasure" are almost empty. Her two pain lists are filled with teenage drama based on her social media accounts.
This realization hits hard.

So Sierra adds new activities to her first two lists that bring real, lasting happiness: painting, hiking with friends, learning guitar, even helping her mom with meals.
The next morning, instead of reaching for her phone, she paints for fifteen minutes.
It feels surprisingly good.
Soon, she starts posting her artwork instead of selfies—and people love it. Her followers grow, but this time she feels proud instead of empty.
After a month, Sierra realizes she's not addicted anymore.
Her new pleasures give her more energy, confidence, and joy than social media ever did.
She no longer scrolls through other people's lives—she's too busy enjoying her own.

John Replaces His Ego with Real Pleasure

John is a wealthy executive. Smart, driven, and proud—but impossible to work for.
He loves winning arguments, proving people wrong and holding grudges against anyone who challenges him. It feels good in the moment.
But over time, his "wins" start costing him.
His best staff members quit. His meetings are tense. His company's growth slows down.
Late one night, frustrated and alone in his big office, John finds this article. He reads how the reward of survival activity is pleasure.
It hits him. His kind of pleasure isn't survival—it's destruction.
He decides to try the exercise.

John fills the third and fourth lists fast: arguing, revenge, gossip, pride. Then he struggles to fill the first two lists.
After some thought, he adds: training future executives, carefully listening to ideas from his team, showing appreciation for excellent work and staying calm despite disrespect.
The next day, he calls his managers into a meeting—not to scold, but to communicate.
It feels awkward at first, but strangely satisfying.
He praises one employee who'd almost quit. The gratitude on her face gives him a feeling no argument ever did.
Week by week, John replaces ego with positive action. He thanks people more. He lets go of grudges.
Months later, his team is happier, his business is growing again—and for the first time in years, so is his joy.
John realizes the pleasure of helping others succeed is far greater than the pleasure of being right.

12 Benefits of Using Pleasure to Succeed

1. You feel happier because you fill your life with beneficial activities.
2. You stop chasing fake pleasures that drain your time, energy and self-respect.
3. You learn to enjoy tough activities that increase your production and income.
4. You recover faster from mistakes because you replace pain from regret and guilt with productive action.
5. You naturally increase your energy and motivation by doing what strengthens you.

6. You eliminate your harmful habits, large and small, by replacing them with satisfying, life-building pleasures.
7. You reduce stress by organizing your life around activities that produce real satisfaction.
8. You make better decisions because you can clearly see which actions lead to long-term gratification.
9. You improve your relationships by seeking long-term benefits that are good for you and others.
10. You work harder and smarter because your daily actions feel rewarding instead of draining.
11. You build a stronger sense of purpose—each pleasure connects to something meaningful.
12. You create a balanced, successful life that feels good now and stays good for the long term.

Final Thought

Pleasure is now your secret weapon for success.
Work with your lists from the exercise and enjoy yourself (and your new level of success)!
Read "The Way to Happiness" by L. Ron Hubbard for a complete booklet of pleasure tips.

Practical Model of Pleasure and Pain

Based on the above article **"How to Use Pleasure to Succeed,"** which divides human activities into four categories of *short-term and long-term pleasure or pain*, we can classify youth from **ages 6 to 30** according to their psychological and developmental stages as follows:

1. Ages 6–12 (Childhood / Early Awareness Stage)

Category: *Short-term Pleasure, Long-term Pleasure*
Reasoning:
At this age, motivation comes from play, curiosity, appreciation, and immediate rewards. If guided well, their joyful activities (learning, helping, worship, good manners) can become lifelong sources of fulfillment.
Example: Receiving praise for memorizing Quranic verses or prayers, playing social or creative games, feeling joy in helping parents.

---

2. Ages 13–18 (Adolescence / Early Youth)

Category: *Short-term Pleasure, Long-term Pain*
Reasoning:
This is the stage of **emotion, experimentation, peer influence, and self-display**. Most young people seek instant satisfaction—through entertainment, social media, popularity, or romance—but these often lead to long-term harm.

Example: Social media addiction, disobedience, neglecting studies, or shallow relationships — all bring quick pleasure but later cause stress or regret.
Note: With proper mentoring, this group can be redirected toward the next (more productive) category.

---

3. Ages 19–24 (Constructive Struggle Stage)

Category: *Short-term Pain, Long-term Pleasure*
Reasoning:
This period involves **self-discipline, education, skill-building, and life planning**. The temporary pains of study, hard work, and sacrifice lay the foundation for enduring success and satisfaction.

Example: Preparing for exams, enduring work stress, avoiding harmful habits, caring for parents, building one's career.

This age group represents "the path to success" described in the document.

---

4. Ages 25–30 (Practical Stability and Testing Stage)

Category: *Short-term Pain, Long-term Pain — if direction is lost*

Reasoning:
If a person at this stage lacks spiritual or moral purpose, they may experience **existential anxiety, material exhaustion, and emotional instability**, leading to both immediate and prolonged suffering.

However, if guided by purpose and faith, this group can remain in the *Short-term Pain, Long-term Pleasure*

category, where their sacrifices yield lifelong strength and peace.

Example: Family or financial pressures, burnout, loss of direction, or moral compromise.

Summary Table:

Age Range	Category	Description
6–12	Short-term Pleasure, Long-term Pleasure	Natural curiosity and guided joy leading to growth
13–18	Short-term Pleasure, Long-term Pain	Instant gratifications with hidden costs
19–24	Short-term Pain, Long-term Pleasure	Discipline and endurance producing lasting success
25–30	Short-term Pain, Long-term Pain *(if misguided)* / Short-term Pain, Long-term Pleasure *(if purposeful)*	Reality testing, responsibility, and defining life's direction

Why This Categorization?

When we categorize human development from ages six to thirty according to the framework of pleasure and pain, we gain a powerful tool for understanding how

choices and habits shape not only the individual's success but also the moral and spiritual direction of a generation. Such classification allows parents, teachers, mentors, and community leaders to recognize what truly motivates each age group — and where the risks or opportunities for transformation lie. It reveals that the early years of a child are not meant for suppressing joy but for channeling it into meaningful, constructive pleasures that become lifelong sources of happiness. During adolescence, when temporary excitements dominate the senses, this model helps us detect destructive tendencies before they harden into permanent patterns of regret. It shows that young adults, though often struggling through hardship, are in fact on the path of long-term growth if their temporary pains are connected to purposeful goals. Finally, it teaches that maturity is not defined by comfort, but by the wisdom to distinguish between pain that builds and pain that destroys.

By using this framework in education and guidance, we can create tailored programs that match emotional development with moral maturity. It enables schools to design curriculums that move children from immediate joy to responsible effort, families to nurture discipline without killing natural enthusiasm, and societies to promote values that favor endurance over indulgence. In essence, this age-based pleasure-pain categorization becomes a mirror for both individual self-assessment and collective reform. It helps a person see not just where they are in life's journey, but what kind of pleasure they are pursuing — fleeting or eternal, selfish or life-giving

— and thus, whether they are moving toward true success or disguised failure.

12 Rules to Replace Money Problems with Financial Freedom

● Are you sick and tired of worrying about money?
● Would you be a lot happier if you had no debt and a big savings account?
● Do you wish you could enjoy the rest of your life without needing to make money?

If so, you are in luck! You can end your money problems, starting now, by just following these 12 rules.

These rules may take some self-discipline, but they are simple and they work.

The rules come from the money management advice of L. Ron Hubbard and have helped thousands of people and businesses build real wealth.

The only reason you have money problems is because you break one or more of these rules. If you follow all 12, you become financially free.

Note: Included with each rule is a mixture of personal and business examples.

Rule #1: Be Very Careful with Every Dollar

When money is tight, treat every dollar like it matters—because it does. Careless spending creates a bad habit

of living beyond your means. Careful spending builds the habit of control. Examples:

- Cancel subscriptions you no longer use.
- Wait 48 hours before nonessential purchases.
- Buy used things instead of new things.
- If you need to agree to future payments, take your time to work out the best deal you can.

If you have no money, get creative! Use your intelligence to discover brilliant new solutions to earning money.
You don't need money to make money. You just need to be smart.

Rule #2: Share Your Progress, Never Beg or Complain

Sharing your money struggles only brings pity, not solutions. Complaining about money ruins your image. It also makes your creditors worry you won't pay them back.
Instead, talk about your goals and share your progress:

- "I'm training myself to earn more money."
- "We're starting an incredible new service."
- "I'm excited about the future!"

This builds confidence, trust and security.

Rule #3: Control Your Money

If you fail to control your money, you lose it with irresponsible, impulsive spending. Instead, be a professional and spend your money with a weekly plan.

Set aside one time each week, like Sunday night, to spend money. Avoid spending money during the week. Make your spending decisions based on these four facts:

- How much money you currently have available
- How much you currently owe now and during the next week
- What you need to buy and how much each item costs
- How much you must earn during the upcoming week

As a result, your decisions will be smarter and lead to your financial success.

Create a form that shows the date and the four financial facts. At the bottom, write down your spending decisions.

Example:

Date: September 7, 2025

Account Balances: $4,321 ($123 in cash, $1233 in checking account, $2965 in set-aside account for loan payment)

Amount Owed: $1141 now (rent, phone) and $6000 next week (loan payment)

Amount Needed During Week: $241 ($211 for food, $30 for gas)

Must Earn: $1141, $6000 and $241 = $7382 minus $4321 cash available = $3061 needed

Plan: Pay rent and phone. Spend up to $241 for food and gas during the week. Focus on making at least $3061 during the week so I can pay the $6000 loan payment next week.

You now have control of your money and know what you must do.

Rule #4: Never Spend More Money than You Earn

This rule is a law that no one can break. If your expenses are bigger than your income, either increase your income or cut your expenses . . . fast. If you cannot quickly increase your income, you have no choice. Reduce your spending.

Examples: Move to cheaper housing, stop eating at restaurants, switch to lower-cost phone plans, put a limit on travel expenses and avoid new commitments until your income is safely higher than your expenses.

Rule #5: Learn to Say "NO"

Demands for your money come from every direction: friends, family, employees, advertisers, habits and influencers.
If it's not easy for you to ignore money demands, stand in front of a mirror and practice saying "NO." It's easier when the time comes.
Examples: Say "no" to new debt, refuse plan upgrades, give loans to no one, add no new expenses and avoid new "deals" based on hype or hope.

Rule #6: Spend Money on Things That Pay Back Extra Money

Every time you spend money it is either gone or it comes back to you. For example, you buy an apple, you eat it and it's gone. You don't get two apples back. But

if you buy an apple tree and plant it, you get hundreds of apples back.
When deciding how to spend your money, try to always get something back. Ask yourself questions like these:

- "Will this purchase put extra money back in my pocket?"
- "If I pay out $1000, how much more than $1000 will I get in return?"
- "What's the Return on Investment (ROI)?"

Examples of Bad ROI with zero return: The newest iPhone, a 10-day Hawaiian vacation for your employees, or a brand new car.
Examples of Good ROI with great money return: A reliable car to get more work, a marketing project that brings in extra paying customers, or a brand new house.
Investing in yourself can be your biggest ROI. Spend it to make yourself smarter, more useful, saner and more powerful. Constantly improving or adding to your work and life skills always boosts your income, sooner or later.
For more examples, read "How to Spend Money to Make Money."

Rule #7: Save Before You Buy

If you want something big or expensive, the worst thing you can do is add more debt. Leasing or using credit to buy something is bad for your financial future.
Instead, save a little bit each week to buy your big purchase. You then get a better price because you wait. You may find you actually don't need to buy it or can

use something else for free. You also enjoy more self-respect as one of those rare "pay as you go" people. Instant satisfaction feels good, but is expensive and temporary. Delayed satisfaction does not include more debt and feels good for many years.
Examples: New car, fabulous vacation, top-end laptop, swimming pool, office furniture.

Rule #8 Trick Yourself into Saving Money

To do this, arrange weekly or monthly "bills" that buy things you can cash out later.
Examples: Automatic deduction from your pay into your retirement account, loan payments for some land that is growing in value, costs to buy a partnership in a growing business.
Read "The Secret to Saving Money" for more examples.

Rule #9: Focus on Earning Money, Not Your Money Problems

Once you know how much money you need to make, stop worrying about your money problems and debts. Put most of your time, attention and work on EARNING MORE MONEY.
Example: You calculate you need to earn $3000 extra this week, so you spend every hour of the week working to get it. You produce more each day, spend more time promoting yourself, add a new income source, learn a new skill, increase the value of your work, help someone

do a better job or negotiate a better deal. You make it go right and earn $5000 extra and know how to do this EVERY week now.

Rule #10: Don't Buy Popularity

Never give money to people so they will like you. Don't try to buy status. Trying to be popular with fancy clothes, cars or gadgets is a huge waste of your money.

- "Hey Jill, you're making more than us. Buy us lunch!"
- "Wow, you look good in that new Corvette. If you get it, women will want you!"
- "C'mon boss! Give us all a raise and we'll really love you."

Another part of this rule is to not give personal loans to be liked. At first you are loved, but you'll probably lose this love when you ask for payments. You may even forgive the debt to restore the friendship, and lose all the money.

More examples: Ignore expensive furniture stores. Never buy devices to make a good impression. Decline hosting parties. Eat at home with your family instead of eating at expensive restaurants with big shots you dislike.

Read "How to Be Liked and Admired" for a better way.

Rule #11: Calculate Your Biggest Income Loss

The biggest way you lose money is not from high interest rates, taxes or criminals. It's from NOT making the money you SHOULD be making.
Office assistant example: You could be earning $4,500 a month if you learn a new software program your company uses. Yet because you do not take the free training, you stay at $3,800 a month. That's $700 lost each month.
Dentist example: You SHOULD be earning $18,000 pay per month, but instead of working at least 8 hours per day, you only work 6 hours and then play golf for 2 hours each day. You lose $4500 per month.
Business example: You have enough customers, spaces and staff members to earn $100,000 per week, but your only make $80,000 per week. This is a loss of $1,040,000 per year.
This is also known as an "opportunity loss."
When you reach your true earning potential, NEW opportunities to earn even more appear.

Rule #12: Use Your New Wealth to Get Richer

When you finally have more money than you need, don't lose it! Do not get a big loan or waste it with careless spending.
Instead pay off every dime you owe and invest the leftover money into things that will earn more money for you. You are on your way to wealth!

Examples: Pay off all debts, even your house mortgage. Pay off your credit card balances every month. Invest in your property, the stock market or yourself.
Once you have all the money you need and want, then spend the excess however you wish! Trips, cars, donations, gifts and boats. Enjoy!

The 12-Question Wealth Checklist

☐ 1. Am I being as careful and wise as I can with my money so it does not slip through my fingers?

☐ 2. Do I talk about my progress and goals instead of sharing my money problems?

☐ 3. Do I review my account balances, my debts and my needs each week before making spending decisions?

☐ 4. Can I say “no” to expenses or demands that hurt my financial future?

☐ 5. Will this purchase make me more money than it costs?

☐ 6. Are my total expenses lower than my total income?

☐ 7. Am I setting aside my cash for big purchases instead of adding new debt?

☐ 8. Am I paying “bills” that are actually investments?

☐ 9. Am I spending more time earning money and less time worrying about money?

☐ 10. Am I spending to impress people or to raise my status?

☐ 11. Am I earning the amount of money I should be earning?

☐ 12. Am I using my extra income to pay off debts and investing wisely?

Bottom Line

Wealth comes from discipline, smart spending and focusing on income growth as covered with these 12 rules. Start small, be consistent and watch your stress turn to financial security and wealth.

Self-Image is Foundation of Everything in Life

Whenever we experience negative situations in our lives, we tend to let them influence our self-image in a negative way. When you fail in something, you think you are a failure instead of simply thinking that the situation did not work out. When your relationship comes to and

end, you think nobody wants you instead of thinking that the two of you were not meant for each other. It is the destructive instinct or self condemnation mentality that causes us to think that way. Such negative self-reinforcement is the result of the consciousness of "I am not good enough." A winner is someone who does not personalize poor results. Such a person can be disappointed without feeling like a failure. When you experience negative thoughts and scenarios in your mind, you should take a moment to think "It does not have to be that way."

All behavior and capability is determined by the self-image. No real change in behavior can take place unless the self-image is changed. For the purpose of immediate change, the causes of a negative self-image does not matter. It isn't necessary to find out all those things that made you think negative thoughts about yourself. Anyone can start a new and fulfilling life by changing his self-image right now. For lasting change, awareness of what affects your self-image is needed to preserve the integrity of it.

Never tell the dog he's bad. If you tell him he's bad, he'll start to feel bad, and then he'll start to act bad as well. All the dog will really be doing, is confirming what you've just told him! Don't confuse the identity of the dog, with the dog's behavior. No matter what happens, your dog is a good dog. And sometimes your good dog will have lousy behavior. "Good boy, good dog, don't gnaw on the table leg!" "Good boy, good dog, don't you dare lift your leg on those curtains!" No matter what he does, it's very

important for your dog to know his positive identity never changes. If you think in terms of good dog now bad dog later, your affection for your dog will change like the weather and he will become confused, and not know who he really is.

Keep Your Personal Aura Charged with Magnetism

There is a case of the son of a prominent businessman. This young man was well educated, polished, and moreover, possessed of all the requisites of a successful salesman, except that of inspiring a feeling of friendship on the part of those with whom he came in contact. While he was able to present his arguments logically and forcibly, he was nevertheless handicapped by the fact that he repelled friendship, rather than invited it. In desperation, he went to find a cure for his serious psychic trouble.

His cure was very easy. He was simply put through a course of the mirror exercises in the "direct flash," until he had mastered the technique; and then had him saturate his mind with the mental image and idea of: "You like me, you like me very much!" "You feel attracted toward me!" "You are my friend, and wish to show your friendship for me!" etc., etc., etc. All these ideas were but variations of, an improvement upon, the simple idea of

"You like me!" This charged his aura with magnetism to attract friends.

Thence, this young man began to radiate such an atmosphere of likeability, friendship, etc., that he made friends right and left, even without trying. It was in the air around him, it seemed. His old trouble disappeared like magic. He was made over into a new man. And, yet it was all very simple, you see. It is mere child's play, when one has the secret, as you now have. The young man insisted upon presenting a check for $1,000, although he was charged but one-tenth of that amount, for the service provided.

Five Levels of Success

How has your life been going?
Are you making good progress and succeeding, or are you struggling to get ahead?
Choose the level that best matches your success in life.
You'll see a list of characteristics for that level, plus five recommendations to help you move up to greater success.

1. I've Been Very Successful Lately

You are successful because:

1. You're happy with your life and confident in yourself.
2. You have strong, supportive relationships.

3. You communicate easily with everyone about anything.
4. You have mastered valuable work skills and enjoy adding new ones.
5. You earn more than enough money to live well and do whatever you wish.
6. You feel motivated, positive and in control of your future.

You set and achieve any goal you wish.

Recommendations

Now take your success to the next level with these five steps:

1. Help even more people succeed and be happy. Use the "Five Advanced Recommendations" at the end of "The Power to Make People Happy."
2. Use your income and abilities to make the world better. Read "How to Buy Happiness."
3. Take on challenges that stretch your abilities. Read "Bigger Problems, Better Life."
4. Expand your circles of control and influence to new levels. Read "Four Circles of Control."
5. Create as never before. Create big bold goals, new skills and new solutions. Create a beautiful future for you and everyone around you. See "How to Create Your Own Success."

Next?

Once you have mastered above-average success you can go further. You can strengthen your self-discipline,

become healthier than ever and build awesome groups or businesses.
You can invent new paths to wealth, create bigger contributions to the world and have incredible joy. You can be a genius, predict the future and change the world!

2. I'm Doing Well, but Could Be Better

You are successful in many ways, but have room for improvement.

1. You wish you were a little happier. You stay positive most of the time, but stress, fear or doubt sometimes gets in your way.
2. You make progress, yet you're not moving as fast as you could.
3. You get along with people, but some relationships drain your energy.
4. You work hard, but your pay does not match your effort.
5. Your skills have helped you succeed, but you can improve them and master more of them.
6. You have good ideas, and some might be brilliant, but you hesitate to act.
7. You have set and reached some of your goals, but you know you have the potential to set and reach much bigger ones.

Recommendations

You're ready for a higher level of success and satisfaction. Start with these steps:

1. Boost your daily mood to a new level. Learn and use the Emotional Tone Scale.
2. Boost your people skills. Start by using the advice in "Everyone is Important."
3. Increase your security in life by reading "Need More Self-Confidence and Security?"
4. Master more valuable skills to boost your income. Start with "How to Master Any Skill."
5. Set inspiring goals that keep you excited. Read and use "Goals = Pleasure."

3. Not Much Success, but Not Failing

You're holding things together, but you know you could be doing much better:

1. You get things done, but your slow progress is frustrating or even discouraging.
2. Some people lift you up, while others pull you down.
3. You have some excellent skills, but you're not using them fully—and you'd like to add more skills.
4. You have plenty of options, but no clear path to your ultimate success.
5. You try to stay positive, but doubt and worry sneak in.

6. You sometimes wish someone would help you, but trusting people is not easy.

7. You have the potential to earn more money, make steady progress and feel much happier!

Recommendations

If you're ready to turn things around and move up to real success, start with these steps:

1. Pick one great goal and use the power of your imagination to help you get it. Do the exercises and recommendations in "Unlock Your Imagination, Unlock Your Success."
2. Whenever you feel confused, stressed out or discouraged, use this powerful exercise to shift yourself from "Effect to Cause."
3. Start using Pleasure as a success tool. That's right, you can now have more enjoyment and boost your success with the steps in "Pleasure Power."
4. Check out the list of "85 Skills You Can Master" and pick one to work on every day (instead of wasting time on short-term pleasure that leads to long-term pain). Go to "How to Master Any Skill."
5. Constantly increase your speed. You have a lot to do, so do it as fast as possible. Use "The Power of Speed."

4. No Success Right Now

Even though you may not feel successful right now, you have not given up hope. Do some or all of these statements match your life?

1. You try to succeed, but things just don't go your way.
2. You doubt yourself, at times.
3. Getting motivated is not easy.
4. You know you need help, but not sure where to get it.
5. You wish life would give you a real break for once.
6. You let your past experiences cloud your mind and ruin your present-time life.
7. Your dreams may feel far away right now, but you can still imagine them.

Recommendations

Start turning things around for yourself, one small win at a time. Even though these steps are easy to take, they add up. Take enough of these steps, you will enjoy new success in your life.

1. First, improve your mood. Pick any one of the "Ten Ways to Boost Your Mood" and use it right now. Use another and another until you feel happier.
2. Next, take command of your kingdom. It can be very small, but make it your OWN corner of the world. It is your base for building your success. Read "Your Kingdom" for details.
3. Pick a goal that will help you the most. A goal that you can accomplish without depending on anyone else. Read and use "Goals = Pleasure."
4. Now invest as much time and energy into this goal as possible. Work as hard as you can on it and you

will be rewarded. Read "What the Universe Gives You."

5. Finally, boost your self-discipline by adopting as many of these 10 habits as you need. See "10 Self-Discipline Habits."

5. I'm Failing Right Now

It might feel like everything is falling apart—but this is only a moment in time, not the end of your story. You can improve problems like these, on your own, starting today.

1. You've tried to succeed, but nothing seems to work.
2. You feel alone and misunderstood.
3. You've lost confidence in yourself and wonder if you'll ever get it back.
4. You can't seem to find the energy or motivation to start again.
5. You're worried about what people think of you.
6. You wish someone truly cared enough to help you through this.
7. Even with all the doubt, a small part of you still hopes things can change. It's time for you to do something about it.

Recommendations

1. Start by doing this self-improvement exercise a few times each day. You just need a quiet room and a

chair. Read and use "How to Look Younger and Act Younger."

2. Change your information inflow. Protect yourself from useless junk that pulls you down and makes you fail. Read "How to Reduce Anxiety" and change your life with these simple, but powerful steps.
3. Switch your focus to things that are going right for you. At first, this might seem impossible, but give it a try and the results will come quickly. Go to "What's Wrong with Me" for details.
4. Become your own best friend by loving yourself. You will see people like you more than before. Use "How to Love Yourself."
5. Get one solid win in your life by following the steps in "How to BE a Success." You start by writing down just ONE important thing you want to HAVE.

The Power to Make People Happy

If you think about it, all your success depends on other people. People can give you opportunities, money, contracts, praise, support, help and advice. They can recommend you to other people who also give you what you need.

People can also stop your success. They can criticize you, oppose you and close down your progress. Even if they do not actively oppose you, they can avoid you, hide your options or simply do nothing for you.

"If a person thinks he can be happy without making those around him happy, he's crazy." — L. Ron Hubbard

When you can make people happy, you earn many benefits.

* You make a great first impression.
* People instantly like you without having a particular reason to do so.
* No one believes you are a threat to them.
* They are interested in being with you or working with you.
* Your own happiness gets a boost.

Everyone Matters

Everyone has an identity. It's what they want to be. You can call it their "beingness."

Trying to make people change their beingness is a common activity. For example, a 10-year-old girl's parents are worried that she loves motorcycles. They are afraid she'll grow up and join a motorcycle gang. So they make her wear dresses and play with dolls. They forbid her from being around motorcycles. A happy girl becomes unhappy.

As another example, Fred is a computer geek. He likes to wear goofy clothes and tell silly jokes. Fred goes to a college where the popular students criticize him. "Fred, your jokes are so dumb I want to gag." "Fred asked me out to dinner once and I laughed at him." "Check out Fred's striped pants! What an idiot!"

Married people often try to change each other's beingness as well. "Jill, I wish you were not so talkative. You're on the phone all day." "Jack, you lazy bum. I wish you were more energetic so you would take me out dancing!" Jack and Jill's marriage is not happy.

How do you feel when someone tries to change your beingness? Perhaps you feel resentful. You might even want to attack the person. You certainly do not feel happier.

Granting Beingness

"The ability to assume or grant (give, allow) beingness is probably the highest of human virtues*. It is even more important to be able to permit (allow) other people to have beingness than to be able oneself to assume it." — L. Ron Hubbard from *The Fundamentals of Thought* (virtue: good or desirable quality)

As you may know, you must "be" before "doing" or "having." For example, before "having" a good marriage, you must first "be" a good husband or wife. You can then "do" the things necessary to then "have" a great marriage.

Per the above quote, a skill more important than assuming your own beingness is permitting others to be whatever they want to be.

For example, you need to let Fred the computer geek be exactly what he wants to be. You grant him beingness. You say to yourself, "It's completely okay with me for Fred to wear odd clothing and make bad jokes." You then realize Fred is actually a good person. You laugh at his jokes. You admire his purple ties. You become friends. A few years later, you get an executive job at his new billion-dollar company.

Granting beingness to marriage partners can seem very difficult, but anyone can do it. "Jack, if you want to lie on the couch and watch TV for hours each night, that's

totally okay with me." "Jill, you can go shopping with your friends every day if you like." Because you sincerely grant beingness to your spouse, you are both much happier.

For parents, ensuring their children are happy is a high priority. Granting beingness is essential to this happiness. For example, on Monday, little Joey wants to be a fireman. His mom says, "You'll be a great fireman!" On Tuesday, Joey wants to be a basketball star. "I think you'll be a wonderful basketball star!"

Or as a teenager, Joey wants to be a champion e-gamer or YouTube influencer. If his parents are smart, they grant him this beingness.

Later in life, Joey's mother still grants him beingness. "So you want to quit college to work for a rock band? You'll be setting up the stage? Well, I think you'll be the best stage manager they've ever hired!"

What if Joey's mother had not granted him beingness. "Joey, that's the stupidest decision you've ever made! You must quit this job and go back to college." Of course, Joey can't admit he is wrong about his decision and so sets up stages for rock bands for the next 25 years.

Change the World

Imagine how the world would be if everyone granted beingness to everyone else.

Career choices would come from the heart. You and everyone around you could map out your own lives. You could be whomever you wanted to be.

No more discrimination because of the color of your skin. Women would be treated as fairly in business as men. Everyone could join whatever religion they preferred.

Governments would get more accomplished as they allow each other to be who they wanted to be. No more wars as each country would grant beingness to the others. After all, you cannot be an enemy with someone who grants you beingness, nor can they be your enemies when you grant them beingness.

Such a world is possible. It starts with you granting beingness to everyone you know.

Five Recommendations

1. Grant beingness to everyone you meet today. Let them be whoever they want to be. Make no attempt to change their beingness.
2. Grant beingness to someone you already like. Notice what happens to your feelings and your relationship with this person.
3. If someone irritates you, grant him or her beingness. For example, if another driver on the road makes you mad, grant him beingness.

If someone appears odd or ugly to you, grant this person beingness. If a friend or family member gets on your nerves, grant them beingness.

4. If you dislike, distrust or hate someone, grant him or her beingness. That's right. Do the opposite of what you might feel like doing.
5. Grant beingness to yourself. Make it okay to be who you are with no effort to change or disagree with anything about yourself. You are who you are.

Five Advanced Recommendations

Take this people skill to a higher level with steps like these.

1. Add your focus to this skill. Just before you grant beingness to someone focus 100% of your attention on them. When you then grant them beingness, you cause a bigger impact.

2. As you focus on a person, perceive who they want to be. Then grant THAT beingness to them.

For example, a poorly-dressed woman might be trying to be a beautifully-dressed woman, so you grant her the beingness as a beautifully-dressed person. Or a short skinny teenager is trying to be an important powerful man, so grant him that beingness.

3. Increase your speed. Focus on the person and grant him or her beingness as fast as you can. Work on your speed until you can do it in one second or less. You can then merely glance at someone and make them feel pretty good about themselves.

4. Grant beingness to people who are not like you. Make it okay for people to be whoever they are: homeless people, failures, alcoholics, irresponsible kids, drug addicts and everyone else. At first, you might feel some resistance, but never stop trying until you have accepted them just the way they are.

5. Improve your relationships with anyone, anywhere and at any time.

For example, you want a better relationship with your spouse, your work team members or your neighbors.

Give them 100% of your focus and grant them beingness. It does not matter where they are located.

You and those you grant beingness to will feel an instant surge of happiness.

Bottom Line: Granting beingness at this level is one the most powerful people skills you will ever master.

How to Buy Happiness

Can money make you happy?
Of course!
How?
Well, it's actually not the money that makes you happy, but how you use it to choose your activities, goals and challenges. Your life GAMES.
"The hard fact of this civilization is, given enough money or control you can usually buy or demand your way out of any game you don't want to play. Thus you can keep on playing the game you do want to play." — L. Ron Hubbard

1. Get OUT OF the Games You Hate

Imagine the relief of not being required to do things that make you unhappy.
Example: You Hate Changing Your Car Oil
Even though you have done it dozens of times, working on your car gives you no satisfaction. You hate finding the time, dealing with the weather, crawling under your car and getting dirty. It ruins your day.
So you pay someone to change your oil while you read the latest news about artificial intelligence. The mechanic is happy and you are happy. Your money gets you out of a game you don't want to play.
What games are you playing that you dislike?
2. Get INTO the Games You Love

Imagine getting up each morning excited to do what you want to do. How would you feel? What might you accomplish?

Example: You Want to Create Movies

You want to create movies with artificial intelligence. You are blown away to see how typing the right letters into a program can produce beautiful images, music, voices and video clips. You will be able to play a game you love: creating movies!

You buy your way into the game by getting time, training, computer equipment and software. If you are rich, you actively invest in these technologies. Your money gets you into a game you love.

Example: You Want to Keep Your Business Growing

You love your house painting company. You can make any home look beautiful with paint colors. You have done so well you hired 20 workers and everyone is making a lot of money. But you see an ad for another painting company that shows spectacular paint work at very low prices. One of your painters just quit to work for this other company and your business income has recently dropped as well.

So you spend money to keep playing your game. You pay someone to create before-and-after pictures of your jobs that look spectacular. You buy more ads, upgrade your website and keep your team excited. Your game becomes more enjoyable than ever before.

Exercise

Even without more money or control, this amazing principle about games can make you happy with these steps.

1. Write down any games you are currently playing that you DO NOT want to play.
2. How much money or control would you need to get out of those games? Some of your options will cost you nothing.
3. Write a plan of how you will get out of each game. Put the easiest and cheapest steps at the top of your plan.
4. Write down the games you DO want to play.
5. Calculate the cost or control you need to get into or stay in those games.
6. Write a plan of how you will get into each game. You can start with steps that cost nothing, like free online courses.

Bigger Problems, Better Life

The Unusual Path to Strength and Success

When you search for advice for difficult problems, you get advice like this.

- "Just lower your expectations."
- "Don't push yourself so hard. Go slower, okay?"
- "There's nothing wrong with giving up. I do it all the time."

- "You need to manage your stress as your first priority. Take a break."
- "It's okay to quit. Maybe you're not the type who can handle problems like this."

Of course, they are WRONG! Advice like this makes you weaker and your problems larger. You solve nothing.

The truth is, you are not fragile. You are powerful. You can solve your biggest problems with this quote.

"How many times in your life have you decided: 'Well let's see, I couldn't handle so and so. I guess I'd better handle just a little bit less.' And then the first thing you knew you couldn't even handle that.

"What if you had said, 'All right. Now let's see. I don't seem to be able to do this. Well, where's two of them?'

"I recommend it to you very thoroughly. You can't handle something? Find a couple of tougher ones.

"The point is that you go in reverse." — L. Ron Hubbard

Instead of trying to get out of a problem, take on two bigger problems. Make the challenge bigger. Play a BIGGER game!

Example #1

You just got divorced and feel horrible. You can't stop crying. You consider taking drugs, seeing a shrink or worse. But then you decide to take on two bigger challenges.

You find two people who cry whenever you bring up their divorces. You motivate them to become productive and

have more fun. Immediately afterwards, they stop crying and start living. And you feel great!

Example #2

You are in charge of a big jerk in your office. He argues about everything you say. He blames you for his low pay. He gives you so much stress you can't sleep.

You tell your boss, "Give me two BIGGER jerks to be on my team." Your boss is amazed and says, "Sure!"

You rise to the challenge! You face them with courage and kindness. You show them how to make it go right and they follow your example. You earn a promotion and a raise.

10 Reasons Why Bigger Problems Make You More Powerful

1. Your problem shrinks in size when compared to two bigger problems.
2. When one of your new, bigger problems helps others, your focus shifts from "me" to "we" which boosts your mood.
3. You are forced to become more efficient. You have to get more done in less time. You stop chatting or thinking and start doing.
4. Instead of retreating, you start expanding. You grow as a person so you can meet your bigger challenges.
5. You have less room for doubt and hesitation. Your fears become unacceptable to you and you move into action—and action builds momentum.

6. When you take on bigger problems, your view of the world gets bigger. You look at the big picture and discover big solutions.

7. You boost your confidence. Tackling more than you thought possible reveals more of your inner strength.

8. When under pressure, you get more creative. You use your talents and resources in fresh new ways.

9. Taking on more responsibility increases your influence and control. People start following your example.

10. You realize you are more powerful than you knew. This one improvement helps you solve problems faster and more easily than you thought you could. You are tough!

Action Steps to Get Tougher

1. Write down a big difficult problem you feel you can't handle.

Be honest. Name it clearly—this is your starting point.

2. Now find two bigger problems related to it.

Look for two bigger challenges. "If I could solve these two bigger problems, that will really be amazing!"

3. Prepare yourself.

Be willing and ready to take on more responsibility, become more efficient and increase your zone of control.

4. Imagine successfully handling these two bigger problems.

Ignore all fears and reasons why this seems impossible.

5. Create an Implementation Plan to conquer these two bigger problems.
Use the Implementation Checklist to help you.

The Four Circles of Control

You can place everything in your life into one of these four categories or circles:

1. Things that you can control.
2. Things you can Influence.
3. Things you cannot control.
4. Things that control you.

Your life makes more sense if you put each element of your life into one of these circles.
You then boost your success by treating each element according to its circle.

1. You take better control of the elements in Circle One.
2. You increase your influence on the elements in Circle Two.
3. You leave the elements in Circle Three fully uncontrolled.
4. You happily allow control over you from good elements in Circle Four while denying control over you from any negative elements.

Circle One: Things That You Control

The more you control these things, the greater your success. "Control, Part One," "Control, Part Two" and "Control, Part Three" explain how to do this.

Examples: Your imagination, plans, activities, opinions, moods, skills, productivity, lifestyle and reactions. Click below for more examples.

Examples

Circle One: Elements You Can Control

1. Goals and purposes
2. Plans
3. Passions
4. Personal rules
5. Level of professionalism
6. Hobbies
7. How kind you are to others
8. Organizing and cleaning your spaces
9. Honesty
10. Ethics
11. Emotions including anger, resentment, apathy, blame, enthusiasm and joy
12. Fear, anxiety, worry and shyness
13. Bad habits
14. What you consider valuable
15. Attention and focus
16. How you behave around others
17. Tasks

18. Opinions and views
19. Decisions
20. Your trustworthiness
21. Who you trust
22. Persistence
23. Emotional wounds and pain
24. Who you forgive
25. When you apologize
26. Gratitude
27. Working hard
28. Study
29. How you treat others
30. Words you use
31. Messages you send
32. Physical exercise
33. Where you live and go
34. Who you like and dislike
35. Decisions to react
36. How you live your life
37. Income
38. Who you care about
39. Your compassion and empathy
40. Where you travel and vacation

41. Career
42. Education
43. What you read
44. Businesses you start
45. Recommendations
46. Purchase decisions
47. Imagination
48. Happiness
49. Worries about the future
50. Sleep habits
51. Groups you join
52. Emotions from past incidents
53. Thoughts that linger
54. Seeking revenge
55. Attitudes
56. Motivation
57. Patience
58. Loyalty
59. Keeping your agreements
60. Who you spend time with
61. What you improve, what you ignore
62. Focus or doing what you are doing when you are doing it

63. Recognizing opportunities
64. Your sanity
65. Adapting to change
66. Loving yourself
67. Taking care of yourself
68. Who you support
69. Grudges you hold or release
70. Your intentions
71. Negative thoughts
72. Dealing with your mistakes
73. How you respond to being hurt
74. How you handle disasters
75. Your schedule
76. Punctuality
77. Life enjoyment
78. How you invest your energy
79. Financial decisions
80. Responsibility
81. Knowledge
82. Research
83. Confront
84. Force
85. Passion

86. Family relations
87. Sex
88. Diet
89. Rest and relaxation
90. Hygiene
91. Screen time
92. Who and what you support
93. Examples you set
94. Following the law
95. Property and possessions
96. Competence
97. Religious beliefs
98. Who you marry
99. The advice you follow
100. Who you are

Circle Two: Things That You Influence

You can influence, but not fully control the elements in this circle. For example, you cannot make people respect you, but you can earn their respect.

You can influence your health, your spouse's opinions, your reputation, your employees and your investments. See "Control, Part Four."

Once you recognize that you only influence these elements, you can stop wasting time trying to control

them. You can relax and use strategies to just influence them.
If any of these elements cause you stress, take control of your REACTIONS. Reactions, such as anger, discomfort and upset, are in Circle One.

Examples

Circle Two: Elements You Can Influence

1. Your body's functions
2. Health
3. Sleep
4. Pain
5. Personal disasters
6. Other people's thoughts, choices and opinions
7. Other people's actions, skills and mistakes
8. Your personal reputation; what people think of you
9. Your spouse and family members
10. Neighbors, people you meet and acquaintances
11. Enemies and the damage they cause
12. How much others put into your relationships
13. Work conditions
14. Your business including:
15. Business public relations

16. Business reviews and online reputation
17. Marketing results
18. Team performance
19. Investments success
20. Your leaders
21. The laws and rules that apply to you
22. How people speak to you
23. What happens to the people you love
24. What people say to you
25. Anyone who wants to leave you or your group
26. Anyone who you want to support you
27. How others treat you, respect you or admire you
28. Your future
29. How long you will live

Circle Three: Things You Do Not Control

You control nothing in this circle. If you try, you fail. You are better off when you accept these elements as they are. See "Control, Part Four" for details.
Examples: The weather, the news media, the stock market, prices, pollution, pandemics, natural disasters, world opinions, etc.

Be willing to experience them. Let them do whatever they are going to do. Do not worry about them.

Examples

Circle Three: Elements You Do Not Control

1. Where you were born
2. Your body height, age and the colors of your skin, hair and eyes
3. Your history
4. Your past choices
5. Weather
6. Nature (forests, solar flares, volcanos, wildlife, oceans, etc.)
7. Natural disasters (earthquakes, meteors, floods, etc.)
8. Time
9. Pandemics
10. Famine
11. Wars
12. World peace
13. World suffering
14. Who you are related to
15. Traffic conditions
16. Laws and rules, such as traffic rules
17. Human rights laws

18. Natural laws like gravity and energy
19. Stock market
20. Damage from air, land and water pollution
21. World opinions
22. Systems for law enforcement, justice, prison, military, taxes and economies
23. Passenger transportation you use, such trains or airplane flights
24. The news media
25. Most political election results
26. Groups you do not belong in
27. Other Countries
28. The exact date of your death
29. Prices of food, transportation, etc.
30. Professional sports matches
31. Court cases that do not involve you
32. Strangers
33. Celebrities
34. Cats

Circle Four: Things That Control You

The elements in this final circle have control over you. Some of these elements are beneficial and some are destructive. To succeed, you cut control of negative

influences and appreciate the elements that help you. See “Control, Part Five.”

Negative or destructive control elements can include news media, drugs, celebrities, anti-social personalities, dangerous environments, etc.

Positive control elements include doctors, work supervisors, performance coaches, your appointment scheduler, helpful family members, etc.

Examples

Circle Four: Elements That Control You

Positive

1. Counselors, advisors, mentors
2. Training supervisors
3. Employees, partners or bosses who help you
4. Your scheduler
5. Good government
6. Your social, religious and other group leaders
7. People who you ask to help you with bad habits, finances, emotions, etc.
8. Law enforcement
9. Government regulations
10. Rules of driving
11. Natural laws like gravity

Negative

1. Body pain and illness

2. Addictions to drugs, alcohol, sugar, junk food, gambling, sex, shopping, etc.
3. Poor living and working environments
4. Slavery
5. Abusive, controlling spouses and family members
6. Any compulsion such as video games, Facebook, TV, cleaning, TikTok, overeating, etc.
7. News media
8. Opinion leaders, politicians, celebrities and social media friends
9. Anti-social, evil, insane or suppressive people

How to Succeed with Control Circles

Once you place elements of your life in their correct Control Circles, you find solutions. You can create Action Plans that actually work. Below are three examples.

Situation #1: You Hate the Weather. What do you do?

1. Maybe you complain to anyone who will listen. "I really hate cold days like today."
2. Perhaps you watch the news. Find out what weather experts and others have to say about it.
3. Or you let the weather get you down and ruin your mood.

Situation #1: Action Plan Using Control Circles

1. You put “Weather” in Circle Three and accept that you can do nothing about the weather. You then consider the elements in Circle One.
2. Circle One includes related things that you control, such as your clothing, activities and locations. You consider one or more of these actions.
    1. You dress appropriately so you are protected from cold or wet weather.
    2. You find ways to enjoy the weather, such as invigorating walks.
    3. You stay sheltered all day so you do not suffer.
    4. You take a vacation or move to a location with weather you enjoy.
3. You take the appropriate actions.

As a result, the weather no longer bothers you. You do not care if it’s raining, hot, cold, snowing, cloudy or sunny. You take control and your negative feelings about the weather vanish!

Situation #2: Help Someone Stop Smoking

Your brother has been smoking cigarettes for 40 years. He's constantly coughing and looks like he's heading for an early death. You decide to make him stop.

What Might You Do?

1. Give him hints and suggestions, which he ignores.
2. Get into an argument about it and you lose the fight.
3. You get your mom and sister to meet with him for an intervention. You trick him to come to the family meeting where everyone pressures him to stop smoking. He lights up a smoke, laughs and leaves.
4. Schedule a doctor appointment, but on the day of the appointment, he vanishes.
5. You sadly admit to yourself that have no hope and you give up.

Action Plan Using Control Circles

1. You decide to move this situation in Circle Two and just have some influence. You realize it will never be under your control, but your brother CAN control it, if he wants to.
2. You work on your Circle One elements.
    1. You mentally grant him the right to be who he wants to be and your stress vanishes.
    2. You improve your people skills so you can be more persuasive.

3. You research and write a stop-smoking step-by-step plan for him to consider.

3. You work to influence your brother, not control him.

    1. You improve your relationship with your brother and make it clear you are on his side.

    2. You get his agreement to privately meet with you to discuss his health and find out why he smokes.

    3. You patiently persuade him to agree to the step-by-step plan to stop smoking.

    4. You support him when he misses a step and celebrate when he takes a step.

One month later, he stops smoking! He says the urges are gone. He gives you all the credit.

Situation #3: You Feel Angry or Frustrated When People Do Not Agree with You

You are obsessed with something you feel is important. It might be a cause (like global warming, immigration or war), a political view (right, middle, left), a religion, etc. You believe everyone MUST agree with you, but they don't.

What Might You Do?

1. Spend several hours every day, on your obsession, watching, reading or listening to your favorite news media company. They grab your attention with alarming headlines. The stories stir up your passion and anger.

2. You work hard to get people to agree with the views from your news sources. You talk about it to anyone will listen. You share articles, posts, tweets and email.

3. You only like people who share your opinions. You dislike and criticize anyone who disagrees with your news media's views.

4. After you lose a few good friends, and waste weeks of time, you realize you have changed no one's mind. Your anger and stress wears you down and hurts your income.

Because you allow the news media to control your time, opinions and moods, it belongs in Circle Four.

You decide to take control and move your **time, opinions and moods** into Circle One.

Action Plan Ideas to Take Control

1. **Take Control of Your Time**

    1. You spend less time watching, listening and reading the news.

    2. When you feel the urge to get the latest news, you watch a movie or a documentary.

3. You rekindle your love for books, art and music.

4. You spend more time on beneficial activities, such as starting a business, helping your family members, volunteering some of your time, organizing your life and getting more work done.

2. **Take Control of Your Opinions**

    1. You increase your knowledge by learning what other news outlets report for the same stories. You use fact-check websites to see which versions of the story are the most accurate.

    2. You learn how the news media businesses make profit and learn how the more alarming the story is to the viewers, the more income the media company makes.

    3. You dive into the issues that matter most to you. You go to the sources and learn for yourself. You seek the truth for yourself.

    4. You discover none of the news stories include all of the facts. They all emphasize or even alter facts that line up with their favorite opinions. They invent facts and call them opinions.

    5. Based on your actual knowledge, you form your own opinions.

3. **Take Control of Your Moods**

1. Instead of watching the news, you take long walks and drives. You focus on what you see. You notice how the "important news you need to know" has nothing to do with the real world.

2. You spend more time on beneficial activities, such as starting a business, helping your family members, volunteering some of your time, organizing your life and getting more work done.

As a result, you take control of your mood, your time and your opinions. You do more good things for people, get more accomplished and reach more goals. You feel terrific!

You can also take rational action to help the world. You raise donations, volunteer your time or start your own group. Because you make significant progress, you never feel angry or frustrated.

You love what you do!

Exercise

List the elements of your life in one of the four circles. Click the image for a larger version that you can print.

What do you control?
What do you influence?
What do you have no control over?
Which elements control you?

After you complete this exercise, take action!

Action Plan

1. Take more control over the things in Circle One.
For example, you get rid of an old grudge by forgiving the person, you control your anger by taking yourself less seriously or you take five deep breaths whenever you feel stress.
Use the recommendations in "How to Discover Your Power and Command of Life."
2. Exert more influence over the things in Circle Two.
For example, you pay more attention to the elements you want to influence, you set better examples, you make suggestions, you get support from others, you share your knowledge.
Use the recommendations in "How People Treat You Depends on You," "Like it or Not, People Follow Your Example," "Three Ways to Treat People" and "How to Become an Influencer, Step One."
3. Stop trying to control things that are unrealistic for you to control. Some of the elements you think are in Circle One or Circle Two might actually be in Circle Three or Circle Four.
For example, you think that criticizing and complaining makes improvements. Yet if you check reality, you may see that your complaints amount to nothing. You have no control or influence. All you do is ruin your mood and others' moods. So instead, you acknowledge your limits and change your strategy. As a result, your mood improves, and you do things to improve conditions in the world.

Five More Uses and Benefits

1. Being Ignored Stops Bothering You

Let's say a friend ignores you and you feel upset. You try a few messages and even ask mutual friends to help, but she still ignores you. You are so upset about this that you cannot sleep.

You look at your control circles and realize you cannot control nor influence your friend's attention. She is in Circle Three.

You can, however, take control of your upset feeling. You silently forgive her and appreciate your other friends a little more. You then boost your mood by reorganizing your closet and taking a long hike.

2. You Stop Being Abused

You are terrified of someone who emotionally abuses you and controls you in negative ways (Circle Four). You realize you made a big mistake of believing this person is good for you. You cannot control this person, but you can control who you associate with.

You make a plan to slowly disconnect from this person. As you make progress, you start to feel happier. Once you disconnect, you enjoy new potential for successful living.

3. You Calmly Handle Disasters

When anything unplanned or uncontrollable happens such as a pandemic or flood, focus on what you CAN influence and control. You know that things in Circle Three, are beyond your control, are not worth worrying about. You do not fight the disaster. You accept it, deal with it and move on.

4. You Eliminate Regrets

You cannot control your past decisions. You did what you did and cannot change it. All regrets are in Circle Three.

Instead, you find things in Circles One and Two; elements you can control and influence. You can apologize. You can make up the damage you caused. You can teach anyone who might make similar mistakes and protect anyone who might be harmed.
You have no regrets.

5. Increase Control of Your Life Decisions

Even though you are an adult, you realize your father still controls your decisions. Your decision-making is stuck in Circle Four. You decide to move it to Circle One.
You review your biggest decisions that your father made you accept. You change a few that you disagree with. You also realize many of them are actually excellent decisions. You make them into YOUR decisions. All of your decisions are now yours.

How to Create Your Own Success

What motivates you?
Love? Money? Happiness? Peace? Glory?
Yes—but what's behind all of these? What is your deepest source of motivation and power?
The answer might surprise you.

Creating!

"The Dynamic Principle of Existence is creating." — L. Ron Hubbard

Let's break that down:

- **Dynamic** = energy, motion, power
- **Principle** = a core rule or law

- **Existence** = being alive

In other words: The driving FORCE of LIFE is CREATING.
You can use this discovery to create your own success.

How Creative are You?

You might think:

- "I'm not an artist. This doesn't apply to me."
- "I tried creating a business once. It was a waste of time."
- "I don't have time to be creative."

But the truth is, you don't need to be an artist or inventor. You already **create**—every word you speak, every plan you make, every path you take.
You can create:

- Solutions
- Joyful experiences
- Strong relationships
- A healthier body
- A better future

As a result, you enjoy a happier life.

What Happens If You Stop Creating?

"A person who no longer creates, will have problems." — L. Ron Hubbard
Here are a few problems you might face when you stop creating:

- **Boredom** – Life feels flat or meaningless.

- **Low self-esteem** – You stop proving your value to yourself.
- **Stagnation** – Without new challenges, your life stalls.
- **Unhealthy habits** – You may turn to distractions instead of creation.
- **Relationship problems** – Relationships fade if not actively created.
- **Lack of progress** – You stop growing personally and professionally.
- **Irrelevance** – Others pass you by because you're not contributing.
- **Fear** – Your mind creates anxiety, stress and terror without your permission.
- **Missed opportunities** – You don't spot great choices that are right in front of you.

Marriage problems occur when the spouses stop creating the marriage. When it is constantly created, the marriage thrives.

When the people in a business do not create that business, it dies. For example, Kodak could have dominated the digital camera industry, but its leaders were not creating the company and refused to change. So Kodak went from a highly-profitable company to a bankrupt company.

Companies like Blockbuster, Radio Shack, Circuit City, Toys-R-Us and others failed because they did not

constantly create or innovate. They became stagnant and died.
When the leaders in a business constantly innovate and create, they thrive. For example, Apple, Microsoft and Google never stay the same. They constantly create their operations, their products and their services. They make themselves more useful and more valuable.
If you stop creating your life, your progress stops.

Creating Brings Success

What do the most successful people in history have in common?
They created.

- Michelangelo created masterpieces
- Thomas Edison created the lightbulb
- Henry Ford created the auto industry
- Oprah Winfrey created a media empire
- Steve Jobs created the iPhone

Success follows creation.
YOU can be just as creative!

12 Examples

- **Entrepreneurs** create jobs and opportunities
- **Entertainers** create memorable experiences
- **Leaders** create visions that others follow
- **Teachers** create understanding and inspiration
- **Spouses and parents** create loving environments
- **Writers** create stories and lessons (you're reading one now!)

- **Athletes and gamers** create winning strategies
- **Designers** create beauty and functionality
- **Scientists** create breakthroughs
- **Chefs** create nourishment and delight
- **Managers** create skilled teams and exciting production games
- **Programmers** create the tools that run the world

Five Exercises to Build Your Creative Muscle

1. **Use Your Imagination**
   Picture yourself as a highly creative person. Imagine yourself inventing something new, building a successful business or creating an exciting event.
2. **List Your Wins**
   Make a list of things you've created—projects, solutions, improvements and so on. Keep adding to the list. Read the list whenever you need inspiration. As you create new things, add them to the list.
3. **Create Something New Right Now**
   Set a timer for 10 minutes and go for it! Write a story, invent a side business name, reorganize your desk, make a new type of snack, do a task in a new way, draw a beautiful doodle, anything at all. It doesn't need to be perfect, just creative.
4. **Find Some Inspiration**
   Pick a creation that is amazing to you. Use it as a model or inspiration to create something of your

own. Ask yourself, "How can I start with this and create something better?" "Can I use this incredible idea in my own work?" "How could I combine this brilliant creation with this other brilliant creation?"

5. **Constantly Think About Creating**
   When you wake up, think "What can I create today?"
   When a problem is stopping you, ask yourself, "How can I put more creative energy into this situation?"
   When you think about your future, add "What will be my greatest creations?"

Seven Action Steps: How to Create Your Success

1. **Solve problems creatively.**

Pick a problem and ask yourself, "How can I solve this by being more creative?" "How else?" "How else?" Keep going until you discover something that works. Example: A neighbor sits on his porch each morning playing loud music. It drives you crazy. You think it over and create a few new solutions to try. So the next morning, instead of reacting, you smile, you wave—or offer some fresh cookies.

2. **Break bad habits by out-creating them.**

Example: You want to stop smoking but the urges control you. So you create replacements like deep breathing, moving your body around as fast as possible or making someone laugh.

3. **Raise your pay by creating improved performance.**

For example, invent more efficient ways to do your tasks, create a better service or product, or find new ways to accomplish more in less time.

4. **Strengthen your relationships by constantly creating them.**

For example, create fun activities, make time for more communication or set some exciting goals.

5. **Improve your health with new creative habits.**

For example, make healthier meals, find a better sleep system and make exercise more enjoyable.

6. **Handle negative emotions–like fear, anger or depression–by creating positive experiences.**

For example, you're afraid to fly, so you create a wonderful experience by bringing your favorite snacks, a terrific book, a movie and a new playlist of music you love. Flying is now a joy.

Or one of your coworkers makes you angry with his daily political rants. You create positive conversations by changing the subject to things you both love, such as cars, hiking or a mutual friend. Your anger is gone.

7. **Create your life every day.**

For example, upgrade your spaces, reorganize your schedule, master new valuable skills—even upgrade your personality.

Top 10 Benefits of Creating

When you create regularly, you:

- Feel more **alive and energized**

- Experience more **joy and purpose**
- Build **confidence**
- Stay **mentally sharp**
- Improve your **relationships**
- Make real **progress**
- See more **opportunities**
- Stay **relevant and growing**
- Avoid **boredom and regret**
- Attract **other creative people**

How to Boost Mood

As explained in the "Emotional Tone Scale," the higher your tone level and better your mood, the greater your success.

Being in a great mood all day helps you think better and work better. You get more done in less time. Everyone wants you on their team, and in their lives.

You can boost your mood artificially with bad habits like drinking, smoking, eating junk food, watching TV, gambling, social media, shopping, drugs, video games, etc. Unfortunately, the pleasurable effects are temporary and you then need to repeat the bad habit to handle your worsened mood. Bad habits based on artificial mood boosters also ruin your relationships, your income and your health.

Fortunately, you can boost your mood without chemicals or other bad habits. Natural mood boosters are healthy and free! You get yourself high on life.

Take control of your tone level with methods like these. Try them all to see which ones work best for you. Repeat them whenever your tone level needs a boost.

Mood Boosters

1. Be Grateful

Write down things for which you are grateful. Who can you thank? Do it! Send them an email or pat them on the back.

2. Enjoy Nature

Get outside and look at trees, clouds, birds and so on. Interact with an animal or take a hike. You soon feel a boost.

3. Imagine Feeling Wonderful

Have a daydream about this good feeling until your tone level goes up.

4. Forgive Yourself

If you did something wrong or made a big mistake in the past bothers you, forgive yourself. It was the best decision you could make at that time. Let it go and smile.

5. Enjoy the Future . . . Now

What excites you about the future? What accomplishment will make you proud of yourself? Let those feelings of joy wash over you, then shift your focus to present time.

6. Don't Let the News or Social Media Ruin Your Mood

Huge corporations spend millions of dollars to suck you in and control your attention. When you feel the "need to know," shift your attention to the real world in front of you. Stay in control of your attention until you rise up the tone scale.

7. Be Your Best Friend

Pat yourself on the back or give yourself a hug. Treat yourself better than everyone else in the world.

8. Handle a Fear or Worry by Saying, "So What?"

For example, "So what if I run out of money?" "So what if Karen doesn't like my gift." "So what if I get ripped off? I'll be fine."

9. Lighten Up

Stop taking yourself so seriously. Each time you look in the mirror, smile or make a goofy face at yourself.

10. Be a Hero

Help people until you feel wonderful. You never regret being kind or generous.

11. Enjoy the Completion of a Difficult Task

Select an important job you have to do. Imagine the joy of completing it until your mood gets a boost. You don't even need to lift a finger, just use your imagination. If you then do the job, your pleasure will be 10 times greater.

12. Jump

That's right. Just jump up and down until you feel a boost of joy. Even if you have to steady yourself against a table and can only jump an inch or two, do it.

13. Remember Things You've Done Right

Make a list of a few of your successes. What have you done that was good for you and others? Continue until you feel a boost. Small actions work just as well.

14. Get Interested

What do you see around you that is interesting? What interesting activity can you do today? What is the most interesting thing you are involved with?

15. Bring Order

Organize confusion. Fix something that is broken. Clean up things just for fun.

16. Take off a Hat that You Hate

Pick something you do that sucks life out of you, and stop doing it. It might be a useless job, a duty you dislike or a responsibility that is not actually yours. If you have no choice about the duty, temporarily take off the hat

until you feel happier, then jump back into it with enthusiasm.

17. Find the Joke

What's funny about a serious problem you currently face? How can you laugh about your challenges? Look for the humor in any situation and you will find it! A wonderful solution to the problem may become obvious to you.

18. Do Your Best

Be happy with your best decisions, your best work and your best results. Improve yourself and your performance whenever possible. As long as you do your best, you have nothing to regret.

19. Flow Some Love

Send affinity, admiration and respect to someone you know. You can do this in the physical world or in the spiritual world. Repeat with other people until you feel terrific.

20. Create Something

Design, write, draw or build something wonderful. Make it unique to you. Create a masterpiece!

The Power of SPEED

Being a powerful person does not require you to have a big body, physical strength or a loud voice. You don't need an important title, popularity or wealth.

You can increase your personal power in many ways, by yourself, including an important discovery most people have never heard about. You increase personal power with speed.

"THE RAPIDITY OF PARTICLE FLOW ALONE DETERMINES POWER." — L. Ron Hubbard

To understand and use this power technique, let's break down this idea with these definitions.

- Rapidity: Speediness; being fast or rapid.
- Particle: Tiny pieces or parts.
- Flow: Smooth, continuous movement or motion.
- Particle Flow: Movement of small things.

Now read this quote again to understand how to increase your power: **"THE RAPIDITY OF PARTICLE FLOW ALONE DETERMINES POWER." — L. Ron Hubbard**

In other words, the faster you make things go, the more power you control!

For example, Roger is a very fast carpenter. When he builds something, like a shed, he quickly moves his particles: tools, wood, nails, his hands and his mind. He is focused and fast. Roger can build a small, perfect shed in three hours while other carpenters take all day. Roger earns twice as much money than other carpenters and he has more fun. Everyone wants Roger to work for them. He has power.

As another example, Maddi decides to become the fastest bookkeeper in her office. She figures out how to enter more client data per day than anyone else, and she never makes mistakes. Maddi gets promoted to train the bookkeepers. She not only trains them quickly, she helps find and fix other bookkeeper mistakes, and she does this faster than her boss. Maddi earns a reputation as the fastest and best bookkeeper in the company. She is offered more training and management opportunities than anyone else. Maddi has power.

Ten Ways to Boost Your Personal Power with Speed

1. Push yourself to walk faster, talk faster, read faster and move faster. Set a good example for others.
2. Jump into projects as fast possible. Needless delay is your enemy.
3. Send and return communications with as little delay as possible.
4. Whenever you think something can't be done quickly, ask "Why not?" Kick open the door to speed.
5. Set tough deadlines for completing tasks and make them. Believe in your ability to work faster than ever.
6. When making decisions, always ask "Which option is fastest?"
7. Remove people or things that stop you from moving quickly. They are not helping you.

8. Constantly look for faster methods to get your same result. If you look, you will find them.
9. Challenge yourself by taking on more work than ever and getting it done in less time than ever. You are tougher than you think.
10. Act quickly on opportunities. If you see what you want, jump on it before you lose the chance.

Six Action Steps to Boost Your Speed

The first five are incredibly easy, so do them quickly!

1. Pick a job, duty or task you need to do.
2. Write down the benefits you will enjoy if you could do it faster. How would you be more powerful?
3. Use your imagination. See yourself going much faster. Have a daydream and watch yourself get it done faster than ever,
4. How will you act when you operate with speed? What will you be doing differently? What changes would you make? Make a list.
5. Imagine enjoying the benefits you listed above. Look at yourself smiling with satisfaction because of your new speed.
6. Start! Make these changes! Boost your speed! Increase your power!

15 Benefits from Increasing Your Personal Speed

When you increase the rapidity of your particle flow, you create several benefits for yourself.

1. Increased Productivity and Income:

   When you move faster, you can accomplish more tasks in a shorter time, boosting your overall productivity.

2. Seized Opportunities:

   Speed allows you to act on opportunities before they disappear, whether it's a business deal, a job offer, or a personal opportunity.

3. Improved Focus:

   Speed forces you to do what you are doing when you are doing it. When you decide to move quickly, you're less likely to get distracted. Your attention shifts to present time and you operate with more power.

4. Competitive Advantages:

   In business, speed makes your customers happier with you than they are with your competitors. You also win by offering new services and products before everyone else.

5. Build Momentum:

Acting quickly creates momentum, helping you establish a fast pace forward, making each next step easier.

6. Reduced Stress:

   When tasks are done quickly, you reduce the mental clutter of unfinished work and the stress of looming deadlines.

7. Greater Flexibility:

   When you complete things quickly, you have more time to handle bad and good surprises.

8. Higher Efficiency:

   You discover or create more efficient ways of doing your work while cutting out unnecessary steps.

9. Faster Skill Development:

   When you focus on speed, you master new skills in less time. You can then use these skills to succeed.

10. Increased Confidence:

    Moving quickly and getting things done builds your confidence. You know how fast you can go and how much you can quickly accomplish. Your personal power rises to new levels.

11. Mistakes and Disasters are Less Damaging:

    Instead of suffering and feeling sorry for yourself, you take fast action. You handle the problems, take

action to prevent them from happening again and get back to your jobs.

12. Meeting Deadlines:

    You can promise and deliver more than ever before. Because you have more speed, deadlines are easier to meet with less time, even ahead of schedule.

13. Increased Personal Satisfaction:

    You enjoy personal pride and validation when you can complete your tasks faster than ever.

14. Greater Influence and Leadership Potential:

    People who get more done in less time earn respect. They are seen as decisive and action-oriented. These qualities lead to higher positions of power.

15. More Time and Money for Fun:

    When you "do it now" and complete your tasks ASAP, you can enjoy your favorite activities and peace of mind.

Business Power from Speed

Speed of particle flow determines the power and success of a business. The faster the business' particles (service, sales, payment acceptance, delivery and support) the more prosperous it becomes.
For example, Amazon, Apple, SpaceX, Google, Netflix and OpenAI lead their industries because they are

incredibly fast. Their leaders and teams make fast decisions, fast improvements to their operations and fast delivery of their products and services.
As a result, we all enjoy benefits like these.

1. Fast information.

   You want some information NOW. Do you go to a library? Or do you do a Google search or ask an AI chatbot?

2. Fast entertainment.

   You want to watch old wonderful old move, read or listen to a new book or get the newest game? Thanks to the internet and online businesses, you have what you want in seconds.

3. Fast shopping.

   You want to buy a new device, a bottle of vitamins, a warm hat or box of nails. Thanks to online shopping and fast shipping, you can buy almost anything you want and spend more time doing anything else you love to do.

4. Fast travel.

   You want to visit another country across the ocean. Do you book passage on a ship and travel for a few weeks to get there? Of course not, you jump on an airplane. Speed gives you and the airlines a great deal of power.

5. Fast financial management.

Instead of driving to your bank and waiting in line, you go online to make deposits, transfer funds and pay bills instantly.

6. Fast education.

   You can take online courses on any subject. Many of them are free. You can start your education immediately. Speed gives you the power to learn new skills.

Five Reasons to Slow Down

You can create problems for yourself if you go TOO fast.

1. You skip quality and detail.

   When your task requires precision and accuracy, too much speed can lead to critical mistakes. For example, doctors, engineers, lawyers and financial managers should pay close attention to details, but can also do their jobs perfectly while going fast.

2. You make impulsive decisions that hurt you.

   Quick decisions without considering your purpose and all the relevant information can lead to long-term negative outcomes. Instead, quickly gather all the information and take your time on the decision.

3. You do not make progress toward your goals.

   Speed can make you focus only on short-term gains rather than long-term accomplishment. If you move too fast, you can skip important steps or miss

opportunities for better paths. Start by creating a terrific plan and then kick butt!

4. You cause effects others cannot easily experience.

   Rapid responses or decisions during stressful situations can lead to misunderstandings or hurt feelings. For example, you send a hasty email without considering its tone or rushing through a conversation without listening to the other person. As a result, you lose the person's support until you repair the upset, so quickly fix the problem so you can continue moving with speed.
5. You might create confusion.
   If speed becomes the highest priority for everything, you can actually hurt your productivity. Some things should be done faster than other things. If you treat *everything* as urgent, you can create confusion, build stress and lose sight of your goals. Give highest priority to fast, but orderly, progress toward your goals.

How to Look Younger and Act Younger

Long before the current popularity of "The Power of Now," "The Zone" and modern meditation practices, L. Ron Hubbard discovered several new methods to release your attention from the past. In fact, many people say they are his best discoveries of all.

One of his easiest methods is a self-improvement exercise. You can do it, on your own, whenever you like.

"Sitting somewhere near the center of a room, close your eyes and 'contact' the two upper corners of the room behind you."

"Pretend you're holding onto them." "If it's hard for you to hold them from inside, try holding them from outside."

"Then, holding those corners, sit still and don't think. Remain interested only in those two corners.

"You can do this for two minutes (minimum) or two hours, always with benefit. No matter what happens, simply hold the corners and don't think.

“You can do this daily. It will make you look and act younger.” — L. Ron Hubbard (Phoenix Arizona, 1954)

Ten Benefits

By doing this exercise once or twice a day, you will earn and enjoy these benefits.

1. You learn to move your attention on present time with less effort.
2. You reduce or eliminate fears you feel about the future.
3. You think less about those things you cannot control.
4. Your memories are less distracting.
5. You stop feeling like a victim and start thinking about solutions.
6. You discover a new sense joy in life, from being in present time.
7. Your mind stops jumping from one topic to another.
8. You criticize yourself less and less.
9. You feel peaceful and calmer.
10. And, of course, you look and act younger.

Give it a Try

Take two or more minutes, right now, with these steps.

Six Steps

1. Find a comfortable place to sit in a room.
2. Close your eyes.
3. Pretend to contact or connect with two upper corners behind you.
4. Do your best to not think.

5. Be interested ONLY in those two corners.
6. Continue until you feel an improvement.

Ten Reasons to Do this Exercise

1. Life is not going your way.
2. You feel like a tired old person.
3. You feel angry, stressed or annoyed by life.
4. It feels like you have too much to do and not enough time.
5. You feel sad or depressed.
6. You cannot sleep.
7. You feel unexplained pains or emotions.
8. You are confused and need a solution.
9. Someone is stressing you out.
10. You see wrinkles in a mirror and think, "I wish I didn't look so old."

Recommendation

Use this fantastic exercise a few times each day or whenever you find suitable opportunities. For example, when you first wake up, while waiting for someone or taking a break from work.

How to Reduce Anxiety

There has never been a better time for worry. We have problems everywhere: shootings, terrorist attacks, droughts, an unpredictable economy, fires, floods, political battles, wars and nuclear threats. According to most of the news, things are getting worse.

Symptoms of Anxiety

* You worry about everything, big things, little things, imaginary things
* You are afraid of making mistakes
* You find it hard to make decisions
* You feel nervous for no reason
* You feel dizzy or weak or tired
* Your fears control your life
* You imagine the worst
* Your body is tense
* You sleep poorly

Three Popular, but Bad Solutions

1. You visit your doctor and get a prescription for some anti-anxiety medication. After a few weeks, you may or may not feel calmer.

However, you dislike adding chemicals to your body. You don't want the side effects. You hate needing a drug for your happiness. If you quit, you feel twice as anxious as before.

2. You visit your local bar or liquor cabinet. After a drink or two you feel calm.

Alcohol has the same disadvantages. You can hurt your liver or become an alcoholic. The next day, your head hurts and you still feel worried. You wish your happiness did not come from a bottle.

3. You go to a hypnotist or buy "subliminal" tapes that give you commands while you sleep. If you can go under, you feel calmer after the sessions.

But again, you hate not being in control of your feelings, good or bad. Your anxiety comes back in new forms. You wonder what other commands the hypnotist gave to you.

One Simple, Powerful Solution

By making one easy change in your lifestyle, you can significantly reduce your stress and anxiety. All you do is stop listening to certain people! You ignore the Merchants (sellers, distributors) of Chaos (disorder, confusion).

"It is to the Chaos Merchants' interest to make the environment seem as threatening as possible for only then can they profit."

"Look over a newspaper. Is there anything good on the front page? Rather there is murder and sudden death, disagreement and catastrophe. And even that, bad as it is, is sensationalized to make it seem worse." — L. Ron Hubbard

Anyone who profits, by making the world seem worse than it is, is a Chaos Merchant.

For example, a politician makes crime seem like a bigger problem than anyone ever thought it was. He promises to fight crime better than his opponents. He wins if he scares enough people.

An arms dealer tells one country, "This country has secretly purchased some bombs and has pointed them at you. You need to buy some bombs and point them at their capital."

Certain lawyers are Chaos Merchants. For example, they say, "A police friend of mine says they are going to investigate you and want to put you in jail. I can probably keep you out of jail, but my retainer is $75,000."

Anyone can be a Chaos Merchant. For example, some guy at your work thinks he will make more money if you look bad. So he gives you bad news. "We might be laid

off soon." "You look tired. When was your last vacation?" "I don't think the boss likes your attitude." If you believe his nonsense, your production suffers.

Of course, the biggest, most influential Chaos Merchants are news media organizations: CNN, FOX, ABC, CBS, BBC and others. To sell ads and make big profits, they stir you up, make you angry and addict you to their news. To keep you inflamed 24/7, they are on all your devices, all over the internet and on all commercial TV channels.

Fortunately, you can easily remove Chaos Merchants' influence over you, and enjoy the peace, beauty and joy of living, 24/7.

Five Recommendations

1. Simply stop giving your time and attention to Chaos Merchants, especially all the news media. At least 80% of it is UPSETTING, USELESS and SLANTED. It's a negative influence that controls your emotions, thoughts and actions.

If it upsets you, enrages you or makes you feel afraid, remove it from your life. Think about it. How does knowing the bad news help you? (Answer = it doesn't.)

2. Start inflowing positive things that enhance your mood, increase your knowledge and improve your life. Let good things control your emotions, thoughts and actions. If you need to get the news, arrange for at least 80% of it to be UPLIFTING, VALUABLE AND ACCURATE.

Look for positive news, cheerful shows and some of the good news in this world. Examples: Good News Network, Smithsonian, Bored Panda and Freethink.

3. Whenever you feel anxious, inflamed or in danger, take a walk and look around. Notice how no one is actually trying to hurt you. Unless you are under physical attack right now, you will see the world is fine.
4. Ignore people who ruin your day, make you nervous or pass on disturbing "news." These negative people suck some of your life out of you.
Instead, spend time with people who share success stories, cheerful news. These positive people add good things to your life. They make you feel fine, if not wonderful.
5. After a few days with no Chaos Merchants in your life, notice how you have been feeling. How does the world seem to you now? Are you as nervous, anxious or afraid?
If you are not sure if the Chaos Merchants really have any effect on you, do the above steps for 7-10 days. And then dive back into the news media or spend time with disturbing people for a few days. Notice how you feel.

Benefits

Nearly everyone who breaks off all association with Chaos Merchants notices benefits like these.
* You find other parts of your life are more interesting.
* You notice your life feels less dangerous.
* You eat better and sleep better.
* You laugh more easily.
* You are less afraid.
* You feel healthier.
* You feel calmer.
Give it a try!

What's Wrong with Me?

.

Most people believe the best way to succeed is to fix problems. They say, "What's wrong with me? What am I doing wrong? Why am I failing?"

They focus on their mistakes, weaknesses, and fears. They look for flaws in themselves and those around them. However, this leads to failure. Instead of improving, things get worse.

For example, you really need more money. So you you ask yourself, "What's wrong with my work? Why can't I find a better job?" "Why don't people give me money?"

As a result, you see wrongnesses all around you.

- "Maybe I'm broke because I'm lazy."
- "I'm depressed so I have to eat junk food and watch TV to feel better."
- "I can't admit I'm confused."
- "My boss is a jerk and should pay me more."
- "If my family wasn't so expensive, I'd be rich."
- "The government is behind my problems."
- "All the opportunities are gone."

Wrongness, wrongness, wrongness.

Instead of improving yourself, you dwell on problems.

.

"What's Right with Me?"

.

"If you only look for wrongnesses and only recognize

wrongnesses then you will never be able to pull anything up. We have to look at the rightnesses in order to increase them." — L. Ron Hubbard

In other words, focus on what's right FIRST. You shift from fixing wrongnesses to increasing rightnesses.

For example, you still need to earn more income, so you ask yourself "What's right about me?" "What am I doing right?" "How is the world helping me succeed?"

Now you see rightnesses everywhere.

- "Well, I'm an awesome producer when I want to be."
- "I'm smarter than most people."
- "I see where I need to do some study."
- "My boss ignores my excuses as she knows I can do better."
- "Thanks to my family, I have a happier life.
- "The government gives me a safe place to live and work."
- "I have opportunities everywhere."

Rightness, rightness, rightness.

You feel cheerful and confident. You feel motivated. You have realizations.

NOW you can fix the wrongnesses.

"Hey, I can increase my production by 10% if I use this free software." "I can get the power to skip all these useless requirements." "I can delegate half of my work load and work on the big money jobs."

.

Exercise: How to Improve Yourself

1. Pick an area you want to improve. Here are ten examples:

- Earn more money
- Improve your kids' behavior
- Reduce your work stress
- Get in better shape
- Upgrade your boring work
- Get more support from others
- Upgrade your possessions
- Increase your productivity
- Build your savings
- Do more good for the world

2. Write down what is right about that area. What are you doing correctly? What's going well?
3. Keep finding the rightnesses until you feel a boost. You may see immediate improvements.
4. After you get the boost, write down what is wrong with the area. What needs to be fixed? What can you improve? What must change?
5. If writing down the wrongnesses starts to pull you down, immediately stop. Go back to step #2 and list more rightnesses.
6. Once you see more rightnesses than wrongness, you discover awesome solutions to fix the wrongnesses.

Never forget this fact about yourself:

"An individual is basically and routinely good, capable of many actions and considerable power." — L. Ron Hubbard

9 Habits That Will Make People Want You

Why do some people walk into a room and instantly pull attention without even trying? It's not magic.
It's habits, small, repeatable actions that shape how others feel around you.
And if you've ever wished people were naturally drawn to you, these habits might be your quiet answer, don't you think?

1. BE PRESENT WHEN YOU TALK TO PEOPLE

Most folks listen just to reply. Be the one who actually hears what others are saying.
Hold eye contact, slow down, and let them feel seen.
People gravitate toward anyone who makes conversations feel safe and real, and you've noticed that too, right?

2. KEEP YOUR ENERGY CALM AND STEADY

People love someone who doesn't shake the room with chaos. Stay grounded even when things get messy.
Your calm presence becomes comforting, like someone they can lean on.
Stability is attractive because it's rare, and you already know this.

3. TAKE CARE OF YOUR APPEARANCE

You don't need to LOOK perfect, just intentional. Groom well, dress with awareness, smell good.

These small touches create silent respect before you even speak. When you look put together, people treat you differently because presentation whispers louder than words.

4. SPEAK WITH CONFIDENCE, NOT ARROGANCE

Confidence isn't loud. It's steady, warm, and controlled. Talk like you trust your own thoughts, but don't force it.

People sense genuine self-belief, and they are naturally drawn to it. It makes them relax around you, don't you think so?

5. KEEP YOUR EMOTIONS IN CHECK

Nobody enjoys someone who explodes at the slightest thing. Control your reactions and choose your responses.

Emotional maturity makes you feel safe to be around, and safety is one of the strongest forms of attraction.

It earns respect without you chasing it.

6. LEAVE ROOM FOR MYSTERY

Oversharing kills curiosity fast. Share enough to connect but keep some parts of your life private.

It makes people lean in, wondering what else exists beneath your calm surface.

A little mystery keeps you intriguing, and you know the effect it carries.

7. BE DEPENDABLE IN SMALL WAYS

Return calls. Keep promises. Follow through. People adore someone who does what they say.

Reliability makes you stand out because most people don't have it.

When others trust you, they naturally want you in their circle, right?

8. SHOW KINDNESS WITHOUT BEING A PUSHOVER

Be warm, polite, and thoughtful, but keep your boundaries strong. People admire someone who is kind but not weak.

This balance creates respect and attraction together. It signals you're someone who values yourself while still caring for others.

9. IMPROVE YOUR BODY LANGUAGE

Your posture speaks long before your mouth does. Stand tall, slow your movements, relax your shoulders.

Confident body language shifts how people see you instantly.

It makes you appear approachable yet strong, an irresistible combination for most people.

CONCLUSION

Becoming someone others want around isn't about pretending. It's about habits that sharpen your presence and elevate how people experience you.

Rebuilding Yourself

Breakdowns change people. So do disappointments. This isn't a reset button fantasy. It's a quiet, honest reconstruction.

Brick by brick. Thought by thought. And yes, it takes courage, doesn't it?

1. ACCEPT THAT YOU ARE STARTING FROM HERE

Stop arguing with your current position. Fighting reality drains energy you need for growth.

Acceptance isn't surrender. It's grounding.

Once you stop wishing things were different, movement becomes possible, even if it feels uncomfortable at first.

2. CUT THE NOISE BEFORE YOU SEEK CLARITY

Too many voices slow healing. Opinions. Comparisons. Advice overload.

Silence helps you hear yourself again. Distance isn't arrogance. It's recovery.

And sometimes, pulling back is the most responsible move you can make, wouldn't you agree?

3. BUILD DISCIPLINE BEFORE YOU CHASE MOTIVATION

Motivation is emotional. Discipline is structural. One disappears easily. The other holds steady.

Small routines rebuild trust with yourself. Wake up. Do the work. Repeat.

Confidence grows quietly through consistency, not hype.

4. FACE THE PART YOU KEEP AVOIDING

Rebuilding fails when you skip honesty. The habit. The fear. The pattern you blame on others.

Growth starts where excuses end. It's uncomfortable, sure. But avoidance keeps wounds fresh. Confrontation heals them.

5. CHANGE YOUR ENVIRONMENT BEFORE YOU CHANGE YOURSELF

Your surroundings shape behavior more than willpower does. Clean your space.

Curate what you consume. Distance yourself from triggers.

When the environment improves, better choices feel lighter, almost automatic, don't they?

6. STOP ROMANTICIZING WHO YOU USED TO BE

Nostalgia can trap you. The old version survived, but it may not be built for what's next.

Honor your past without worshiping it. Rebuilding means evolving, not recreating a chapter that already closed.

7. LEARN TO SIT WITH DISCOMFORT

Growth feels awkward. Lonely. Slow. If you run from that feeling, you delay progress.

Discomfort isn't danger. It's proof of expansion. Staying present during the uneasy moments builds emotional strength faster than comfort ever could.

8. SET BOUNDARIES WITHOUT EXPLAINING YOURSELF

You don't owe access to everyone. Protecting your time and energy is part of rebuilding.

Boundaries teach people how to treat you. And if someone resents them, that tells you more than words ever will.

9. TURN PAIN INTO STRUCTURE, NOT STORIES

Pain becomes power when it informs action, not identity. Learn the lesson. Adjust the pattern. Then move forward. Replaying the story keeps you stuck. Building structure gives suffering a purpose.

10. KEEP PROMISES TO YOURSELF, ESPECIALLY SMALL ONES

Big goals are inspiring. Small promises rebuild self-respect. Do what you said you would, even when no one is watching.

Trust grows internally first. And that inner trust changes everything.

CONCLUSION

Rebuilding yourself isn't dramatic. It's quiet. Repetitive. Often invisible. But each honest step compounds. Strength returns before confidence does.

Peace arrives before clarity. Stay consistent. Stay patient. The work is shaping you even when you doubt it.

So ask yourself this, honestly:
If no one was coming to save you, what part of your life would you start rebuilding today, without waiting for permission?

Unrealistic Things We Expect From Life

At some point, most of us quietly believe life will eventually settle down and make sense, don't we?

We wait for clarity, fairness, and smooth paths as if they're scheduled rewards.

But many frustrations don't come from life being cruel. They come from expectations that were never promised in the first place.

1. THAT LIFE WILL BE FAIR

We assume effort equals reward. That good people win. That bad behavior gets punished.

Reality doesn't run on moral accounting. Sometimes kindness suffers. Sometimes shortcuts succeed.

Accepting this doesn't make you bitter. It makes you mentally prepared.

2. THAT YOU'LL FEEL READY BEFORE BIG MOMENTS

We wait to feel confident before acting. Calm before change. Certainty before risk.

But readiness often shows up after you move, not before. Growth feels awkward first. Courage usually arrives late, doesn't it?

3. THAT HAPPINESS SHOULD BE CONSTANT

We chase permanent happiness like it's a stable address. When sadness appears, we panic.
Assume something's wrong. But emotions are weather, not identity. Expecting endless joy turns normal lows into personal failures.

4. THAT PEOPLE WILL ALWAYS UNDERSTAND YOU

You explain yourself clearly. You mean well. Still, you're misunderstood, Often.
Expecting full understanding sets you up for resentment. Most people hear through their own wounds. Clarity helps, but perfection is unrealistic, isn't it?

5. THAT HARD WORK ALWAYS GETS NOTICED

You give your best. Stay consistent. Stay loyal. And sometimes, nothing happens.
Visibility matters. Timing matters. Politics matter. Effort is vital, but recognition isn't guaranteed.
That's uncomfortable, yet freeing once accepted.

6. THAT LOVE WILL FIX YOU

We expect love to heal old wounds. Fill gaps. Quiet insecurities. But love amplifies what's already there.
It doesn't repair what we refuse to face.
Expecting another person to save you only delays your own work.

7. THAT YOU'LL FIGURE LIFE OUT BY A CERTAIN AGE

There's an invisible deadline in our heads. By 25. By 30. By 40. Miss it and panic sets in.
Truth is, no one ever fully figures it out. They just get better at adapting, don't they?

8. THAT CLOSURE ALWAYS COMES

We want explanations. Apologies. Clear endings. Often, they never arrive, Waiting for closure keeps you emotionally tied to people who already moved on.

Sometimes peace comes from deciding, not receiving.

9. THAT YOU'LL FEEL MOTIVATED ALL THE TIME

We expect drive to be constant. When motivation fades, we call ourselves lazy.

But discipline carries you when motivation disappears. Expecting constant fire ignores how humans actually function.

CONCLUSION

Life isn't broken because it feels messy, unfair, or uncertain. Those traits are part of the design.

The real struggle begins when we demand guarantees life never offered.

Letting go of false expectations doesn't lower your standards. It sharpens your resilience.

So here's the question worth sitting with:

If life was never meant to be predictable or gentle, what expectations are you still clinging to that quietly drain your peace every day?

Manipulation Tactics That Look Like Love

Have you ever felt deeply attached to someone but couldn't explain why the bond felt heavy instead of safe?

That confusion often hides manipulation dressed as affection. Some control tactics don't shout. They whisper. They feel warm, caring, almost romantic. Until one day, you realize love shouldn't make you feel smaller, should it?

1. CONSTANT CHECKING DISGUISED AS CONCERN

They text nonstop. Ask where you are. Who you're with. It sounds caring at first.

Sweet even. But slowly, privacy disappears. Independence feels rude.

And without noticing, you begin reporting your life instead of living it, don't you?

2. "I JUST CAN'T LIVE WITHOUT YOU"

It sounds Deep, devoted, almost poetic But emotional dependency is not romance.

When someone ties their survival to your presence, leaving feels cruel.

You stay out of guilt, not desire. That's not love, is it?

3. JEALOUSY FRAMED AS PASSION

They get angry when others get close to you. Friends. Colleagues. Even family.

They call it love. Say it's because they care too much, but love doesn't cage, rather It trusts.

Possession isn't passion, even if it feels intense.

4. SACRIFICES YOU NEVER ASKED FOR

They give things up loudly, Jobs, friends, dreams. Then remind you later and you start feeling indebted.

Responsible for their unhappiness.

Real love gives freely. It doesn't keep receipts, right?

5. PRAISE THAT COMES WITH STRINGS

They admire you, but only when you behave, compliments arrive after obedience.

Approval becomes conditional and you start adjusting yourself to stay admired.

That slow shape-shifting feels subtle, almost invisible, until you barely recognize yourself anymore.

6. "NO ONE KNOWS YOU LIKE I DO"

At first, it feels intimate, special, then isolating. Your reality slowly belongs to them.

Other voices fade. When one person becomes your only mirror, control slips in quietly, doesn't it?

7. MAKING YOU THEIR SAFE PLACE ONLY

They vent constantly, trauma dumps, emotional overflow and You become their anchor.

Their therapist, their stability. Meanwhile, your needs wait.

Love should be shared, not extracted, don't you agree?

8. WITHDRAWAL AS DISCIPLINE

They go cold when displeased and silence replaces warmth. You panic and try harder.

Apologize faster. That emotional distance trains behavior, Affection becomes something you earn. That's conditioning, not connection.

9. FAST-FORWARDING INTIMACY

Big promises early, deep confessions too soon, future plans before trust forms.

Speed creates attachment before clarity. By the time red flags appear, you're already emotionally invested. Clever, isn't it?

10. CONFUSING INTENSITY WITH DEPTH

Everything feels dramatic, high highs, low lows and Boring feels scary. Calm feels wrong.

Your nervous system gets hooked.

Peace starts to feel unfamiliar. That's not deep love. That's emotional addiction wearing perfume.

CONCLUSION

Manipulation doesn't always arrive as cruelty. Sometimes it arrives with flowers, late-night calls, and words that sound like devotion.

Love should feel grounding, not gripping. When affection costs your freedom, it's time to pause and look closer.

So ask yourself honestly:

If love was meant to make you expand, not shrink, what part of you have you been quietly sacrificing just to keep someone close?

How to Set Exciting Goals You Can Reach

Most people don't struggle because they lack ability. They struggle because they don't know where they're going. Without goals, people stay busy don't get much done. They feel tired for no clear reason. They have trouble focusing and feel unsure about the future.

"Without goals, hopes, ambitions or dreams, the attainment of pleasure is nearly impossible." — L. Ron Hubbard

With our new Goal Action Tool you can now make real improvements in your life in less than an hour. In fact, setting and acting on your goals may be the best time you have ever spent on yourself.

A life without goals is a life without joy.

15 Signs You Lack Goals

1. You feel old, sick or tired for no reason.
2. Even though you are busy, you accomplish little.
3. Little problems seem like big problems.

4. You hate your work or other parts of your life.
5. Nothing interests or excites you; you have little passion for what you are doing.
6. Staying focused or concentrating is difficult.
7. You are waiting for someone else to give you opportunities or make you successful.
8. Even if you seem more successful than others, you are unhappy.
9. You spread out your work to fill your day.
10. Your life seems to be getting worse.
11. Your days are filled with meaningless motion.
12. Negative feelings are controlling your life: apathy, depression, fear, grief, pain, hopelessness, anxiety, anger, jealousy, revenge and so on.
13. You wonder what will happen to you in the future.
14. You know your potential is unlimited, yet you do not change.
15. Life does not contain much happiness or pleasure.

Top 10 Excuses for Not Setting Goals

1. "I don't know how to set goals."
   You don't need the perfect method to start — clarity comes from doing.
2. "I set some goals once, but it didn't make any difference."

Goals only work when you act on them, not just write them down.

3. "I would rather do what others want me to do."
   If you don't choose your direction, someone else will choose it for you.

4. "I'll probably fail anyway, so why try?"
   Not trying guarantees failure; trying at least gives you a chance.

5. "I don't need to improve anything."
   Life either improves or declines — it rarely stays the same.

6. "My life is not under my control."
   Goals are one of the few things you can always control.

7. "I keep changing my mind about what I want."
   Changing your mind means you're learning, not failing.

8. "Why set goals? I'll forget about them."
   You forget goals that don't matter; meaningful goals stay alive through action.

9. "Success is too much work."
   Life without progress often feels harder than the work itself.

10. "I don't have time to set goals."
    Goals save time by keeping you from wasting it.

These excuses may sound reasonable, but they vanish when you look at what goals actually give you.

10 Benefits of Setting Exciting Goals

1. If you have goals, you have direction. You can invest your time and effort in a specific way that pays off.
A race car that is chained to the ground is the same as having no goals. You push on the gas pedal and the engine roars. The tires spin and smoke. Yet no matter how hard you push on the pedal, you go nowhere.
2. When opportunities pop up that can help you reach a goal, you recognize and seize them.
Opportunities are all around you. The trick is noticing them. When you have a goal in mind, opportunities are easier to see.
For example, when you decide to buy a red Chevy truck, you suddenly notice dozens of red Chevy trucks on the road. Before you had the goal of getting the truck, you probably drove past red Chevy trucks every day and never noticed them.
When you have a goal in mind, you see ways to reach your goal you never noticed before. Many of these ideas may be overlooked by everyone but you.
3. You make better decisions.
When faced with an important choice, you simply ask yourself, "Which of these options will best help me reach my goal? Will Plan A help me with my goal or will Plan B do it best?"
Like a flashlight in the night, your goal lights up your best choice so you can see it.
4. Goals motivate you and give you energy.
For example, when you are preparing to go on vacation, you get a lot more done than normal. You have a clear, firm goal to finish several tasks and then go on your trip.

The excitement of the vacation goal helps you work hard and fast without getting tired.

5. You have more control of your life.

When events in life knock you around, goals can put you back in control. For example, you get arrested by the police and spend time in jail for something you did not do. The day after you are released from jail, you focus on your goals and continue onward. The bad incident does not ruin your life.

6. You can have greater confidence. You can take the initiative. You can be a leader.

For example, if you and your group were lost in the wilderness, but you alone knew the correct direction to hike, the group would eventually follow you. You would not follow someone else. You would not sit down and worry. You would take the initiative and lead your group to safety.

7. You can check if your current activity contributes to your overall success or not.

For example, you find yourself digging a hole in the ground. You ask yourself, "Why am I digging this hole?" You then realize, "Oh, yeah! I'm building my own house and need a good basement. I'm excited!" Or you realize, "Wait a minute. This hole is for my friend's house! His house goal is not my house goal and he already owes me several favors. It's time to go dig my own basement hole." As another example, you are frustrated and cannot sleep as you accomplished nothing worthwhile during the day. But then you realize you took three good steps toward one of your goals. You pat yourself on the back and fall asleep.

8. Long-range goals give you solutions for short-term problems.

For example, you and your spouse have a long-term goal of raising your three children to be happy, healthy, honest and productive. You keep that goal in mind when your son is caught stealing a jacket at the shopping mall. Of course, you work out a punishment, but you also use the incident to teach your son the benefits of honesty. The big picture helps you make wiser decisions.

Or you hate driving your old uncomfortable car and feel like getting a car loan to get a beautiful comfortable new car. But then you remember your long-term goal to buy a house so happily drive your old car another 100,000 miles.

9. You create plans that result in real success.

Each morning, you can plan your day based on your goals. For example, "What can I do today that will take me one step closer to my goal of becoming independently wealthy?"

Weekly plans, monthly plans and yearly plans give you better results when you line them up and match them to specific goals.

10. Goals give you hope for a better future. Goals make you happier.

Goals help make life enjoyable, even exhilarating. Goals give you a natural "high" you can never achieve from chemicals or other artificial means.

Each time you solve an obstacle, make progress or reach a subgoal, you feel fantastic.

"Happiness could be defined as the emotion of progress toward desirable goals." – L. Ron Hubbard

Now that you can see what goals give you, the next step is discovering which goals are worth your time.

25 Goal Questions

You can scan this list to help you write down your big list of goals.

Current Goals and Direction

1. What goals am I working on right now, even if they feel ordinary?
2. What goals did I give up on that still matter to me?

Be • Do • Have

3. What do I want to have?
4. What do I want to do?
5. Who do I want to be?

Growth and Skills

6. What are my self-improvement goals?
7. What goals could I achieve if I mastered new skills?

Health, Work and Money

8. What are my health goals?
9. What are my work, career, and productivity goals?
10. What are my leadership goals?
11. What are my income and earning goals?
12. What are my savings and wealth goals?

Relationships and People

13. What are my goals for intimate relationships and marriage?
14. What are my family, children, and grandchildren goals?
15. What are my goals for social groups and community?
16. What are my goals for friendships and teams?

Meaning, Courage and Enjoyment

17. If my success was guaranteed, what would I want to accomplish?
18. What goals might I regret if I don't try to make?
19. If I were starting over, what goals would I have?
20. What do I want to experience?
21. What goals would excite me or make life more enjoyable?

Big Picture and Your Legacy
22. What are the biggest goals I can imagine achieving?
23. What goals could meet or exceed the accomplishments of people I admire?
24. Any other goals I'd like to reach before I die?
25. What goals can I set in motion now that will be accomplished in 100+ years?

4 Steps to Setting Goals

Use the 4 easy steps in the new **Goal Action Tool** to create a big list of goals, choose your top three goals and take a small Action Step today.
Making progress toward an exciting goal may be a lot easier than you think.

Goal Action Tool

Use this tool to identify your top three goals and take a step toward one of them today. As a result, you stop thinking and start acting.

You don't need an account to use this tool. It only takes a few minutes to do the 4 steps.

One key action today can start your fastest path to your goals and your success.

Step 1 of 4: Write Down Your Goals

Create a big list of all your possible goals on paper or in a document. Don't worry about how you'll achieve them yet.

As you write down your goals, consider:

- Your current goals and any goals you gave up on.
- What you want to have. What you want to do. Who you want to be.
- Goals in areas like health, self-improvement, work, relationships, money, experiences, and happiness

Keep your big list of goals in a safe place. Add new goal ideas to your big list as you think of them.

Step 2 of 4: Take One Action Toward Goal #1:

Your progress toward a goal consists of many small Action Steps.

If you take one of these Action Steps **today**, you start a chain of events that lead to your ultimate success.

You stop thinking and acting. You learn how easy or hard the goal will be to achieve. You end today with a completed step forward.

5 Examples of Small Action Steps

- Write one paragraph

- Make one phone call or send one email
- Look up one piece of information
- Pay a small amount of money
- Spend 10 minutes doing anything on the goal

Step 3 of 4: What time today will you take this Action Step?

- I may lose my motivation
- I'll get too busy
- I'll realize its too hard to do
- I'll get distracted
- I worry I'll create a problem by acting today
- I'll forget
- No barrier, I'll not be stopped

Which of these solutions will handle your barrier?

- I'll find good reasons to do the action step until I'm motivated
- I'll remove or ignore all distractions
- I'll won't let fear stop me
- I'll set a reminder so I won't forget
- I'll just get it done right now
- I'll make it go right.

Step 4 of 4: As a result of taking one Action Step today, which of these benefits will be most valuable to you?

- I'll stop thinking and planning and start making some progress
- I'll take more control of my success
- I'll replace worry with action
- I'll be able to estimate how much work the goal will require
- I'll end today with a completed step forward.
- Other.

10 Reasons Why People Disrespect You

Why do some people talk over you, test you, or brush off your words like they weigh nothing, have you ever paused to ask why? Disrespect rarely appears randomly.

It grows from signals you send daily, subtle ones, quiet ones, the kind most people never notice until patterns harden.

1. YOU DON'T CORRECT DISRESPECT EARLY

The first small violation you ignore becomes permission. A joke, a tone, a dismissive comment, you let it slide once and it settles in, doesn't it?

People assume silence equals acceptance, and from there, behavior only escalates.

2. YOU OVEREXPLAIN YOUR DECISIONS

When every choice comes with a backstory, people stop seeing confidence and start seeing doubt.

You think explanation earns understanding, but it often invites debate.

If you sound unsure, why would anyone treat your words as final?

3. YOU MAKE YOURSELF TOO AVAILABLE

Instant replies, constant favors, endless access, it feels generous.

But scarcity creates value, doesn't it? When people know you're always there, effort drops.

Respect fades when your time appears cheap, even if your intentions are pure.

4. YOU LAUGH OFF THINGS THAT BOTHER YOU

You smile through discomfort to appear easygoing, mature, unbothered.

But your body remembers what your mouth dismisses. Others notice too.

If you treat your feelings like a joke, why wouldn't they follow your lead?

5. YOU SEEK VALIDATION FROM THE WRONG PEOPLE

When approval matters more than alignment, you shrink yourself to fit rooms that don't deserve you.

People sense that hunger, don't they? And once they do, respect turns into leverage, praise into a leash.

6. YOU DON'T ENFORCE CONSEQUENCES

Boundaries without consequences are suggestions. You warn, explain, forgive, repeat.

Patterns form fast. People learn they can cross lines and return safely, again and again.

Why would they stop if nothing ever changes?

7. YOU DOWNPLAY YOUR OWN VALUE

You minimize achievements, deflect compliments, speak about yourself like you're replaceable. You think humility is noble.

But perception shapes treatment. If you don't take yourself seriously, who will do it for you?

8. YOU TOLERATE DISRESPECT TO "KEEP PEACE"

You trade dignity for calm. You avoid tension, confrontation, raised voices.

It feels wise, doesn't it? Yet peace built on self erasure breeds quiet resentment and loud disrespect, the kind that grows bold over time.

9. YOU DON'T TRUST YOUR INSTINCTS

You sense disrespect early, but you explain it away.

Maybe you're overthinking, maybe you're sensitive. That hesitation shows.

People who push limits recognize uncertainty instantly and test further, confident you'll doubt yourself again.

10. YOU STAY WHERE YOU'RE NOT VALUED

Environments teach people how to treat you. When you remain where you're overlooked, interrupted, dismissed, it sends a message.

Loyalty to disrespect teaches others you'll endure it, no matter the cost.

10 Things To Never Do In A Talking Stage

Ever wondered why something that felt promising slowly turns cold without a clear reason?

The talking stage is fragile, charged, and oddly revealing, it's where interest either deepens or quietly dies.

One wrong move here can rewrite how someone feels about you, faster than most people realize.

1. OVEREXPLAIN YOURSELF

Trying to justify every word, every delay, every decision drains attraction fast.

Mystery feeds curiosity, explanations kill it.

When you explain too much, you look unsure of your own value, and nobody is drawn to uncertainty, are they really?

2. TEXT LIKE YOU HAVE NOTHING ELSE GOING ON

Instant replies every time feel flattering at first, then suffocating.

It tells them your world is empty without their attention.

People respect movement, purpose, a life already in motion, not someone waiting beside a phone all day, right?

3. TALK ABOUT TRAUMA TOO EARLY

Depth is powerful, timing is everything. Dumping wounds before trust exists shifts the dynamic from attraction to emotional labor.

You want interest, not sympathy, connection, not obligation, and those lines blur fast if you rush, don't they?

4. SEEK CONSTANT REASSURANCE

Asking where you stand every few days weakens your position. Attraction grows in comfort, not interrogation.

Confidence is felt, not announced. When someone likes you, their behavior shows it without you pulling answers out of them, true?

5. MIRROR EVERYTHING THEY DO

Liking the same music, opinions, habits overnight looks fake. People fall for contrast, not clones.

Your differences give texture, your stance gives weight. If you dissolve into them too fast, what exactly is there to discover?

6. TURN EVERY CHAT INTO A SERIOUS TALK

Playfulness matters more than people admit. If every conversation feels like a meeting, interest quietly checks out.

Light moments create emotional safety, and safety invites closeness, wouldn't you rather laugh than analyze feelings every night?

7. FLEX JEALOUSY AS A SIGNAL OF CARE

Subtle jealousy isn't charming here, it's premature. You haven't earned access yet.

Acting possessive early signals insecurity, not desire.

Trust grows later, not in the early fog of curiosity, and forcing it backfires badly, doesn't it?

8. PUT THEM ON A PEDESTAL

Admiration is attractive, worship is not. When you shrink yourself to impress, they feel bigger by comparison.

Equality keeps tension alive. Once you act like they're the prize and you're lucky, the balance collapses, right?

9. FORCE FUTURE PLANS

Talking about months ahead too soon feels heavy. Let moments build naturally.

Attraction likes breathing room. When you rush destinations, you miss the journey, and pressure quietly replaces excitement before anything real even forms, hasn't that happened before?

10. IGNORE YOUR INSTINCTS

If something feels off, it usually is. Overriding intuition to keep potential alive costs more later.

The talking stage reveals patterns early, and those patterns rarely lie, even when words sound sweet, you've noticed that, haven't you?

10 Things That Make You Easy To Manipulate

Have you ever wondered why some people always seem to pull your strings without touching you once,

how they say little yet steer your choices, moods, even your silence, strange right?

This isn't about intelligence, it's about habits you carry unknowingly, habits that quietly invite control into your life.

1. YOU EXPLAIN YOURSELF TOO MUCH

You think clarity makes you safe, but over explaining gives people a map to your fears, limits, and guilt points.

Every extra sentence is leverage, isn't it? Manipulators listen patiently while you hand them the tools, wrapped neatly in honesty.

2. YOU AVOID DISCOMFORT AT ALL COSTS

You hate awkwardness, tension, silence, raised brows, anything that feels rough.

So you smooth things over fast, don't you? People notice this.

They create pressure knowing you'll bend just to restore peace, even when peace costs you respect.

3. YOU CRAVE TO BE LIKED

Approval feels warm, addictive, familiar. You adjust your tone, values, even boundaries to keep smiles intact, right?

Once someone senses that being liked matters more to you than being honest, they start trading approval for obedience, slowly, confidently.

4. YOU ASSUME OTHERS THINK LIKE YOU

You project your morals onto people who don't share them. You expect fairness because you're fair, sincerity because you're sincere, dangerous assumption, wouldn't you agree?

Manipulators thrive on this, they know you'll excuse their behavior longer than you should.

5. YOU STRUGGLE TO SAY NO

Your "yes" comes fast, your "no" comes with guilt, explanation, apology. That imbalance speaks loudly.

People learn that persistence beats your resistance, so they push, pause, push again, knowing you'll eventually cave, haven't you seen this pattern before?

6. YOU REVEAL EMOTIONS TOO QUICKLY

You open up early, deeply, generously. It feels real, intimate, human.

But timing matters, doesn't it? The wrong person stores your vulnerabilities like files, not memories, and later uses them to steer you, shame you, or soften your defenses.

7. YOU FEAR BEING SEEN AS DIFFICULT

You'd rather swallow discomfort than be labeled "hard," "cold," or "too much." That fear shapes your choices more than you admit.

Once people sense you protect your image more than your boundaries, control becomes effortless, almost automatic.

8. YOU DON'T TRUST YOUR INSTINCTS

That gut feeling taps you lightly, then louder, yet you silence it with logic, excuses, benefit of doubt. Why do we do that?

Manipulation works best when intuition is muted and doubt is intellectualized, you talk yourself out of clarity.

9. YOU SEEK EXTERNAL VALIDATION

Your confidence rises and falls based on reactions, messages, praise, silence.

That makes you predictable. Whoever controls the feedback controls your mood, decisions, even loyalty, uncomfortable truth, isn't it?

Dependence is manipulation's favorite entry point.

10. YOU DELAY CONSEQUENCES

You notice red flags but postpone action. You wait, observe, hope it fixes itself.

Delay sends a message.

It tells people there's no immediate cost for crossing you, so lines keep moving, inch by inch, until you're trapped explaining why you stayed.

The Overthinking Trap: Why Too Much Knowledge Can Backfire?

1. Analysis Paralysis: Ever get so caught up in analyzing every option that you end up making no decision at all? Overthinking can lead to this frustrating state of inaction.

2. The Illusion of Control: We often believe we have more control over situations than we actually do. Overthinking can amplify this illusion, leading to anxiety and stress.

3. Missing the Big Picture: When you're lost in the details, it's easy to miss the bigger picture. Overthinking can blind you to important insights and opportunities.

4. Fear of Making Mistakes: Overthinking can fuel a fear of making mistakes, leading to procrastination and missed chances.

5. The Curse of Second-Guessing: Once you've made a decision, overthinking can lead to endless second-

guessing, making you question your choices and erode your confidence.

6. The Gap Between Knowledge and Action: Overthinking often traps a person in a constant phase of learning and preparation, while action is repeatedly postponed. As a result, knowledge accumulates, but it fails to translate into lived reality or meaningful outcomes.

7. Emotional Exhaustion and Mental Fatigue: Continuous analysis deprives the mind of rest. Over time, this mental overload turns into emotional exhaustion, anxiety, and sometimes emotional numbness, where a person lacks the energy to feel motivated or decisive.

8. Loss of Simplicity: Excessive thinking transforms simple, intuitive decisions into complex problems. Matters that could be resolved through natural judgment become entangled in unnecessary layers of reasoning.

9. Disconnction from the Present Moment: Overthinking anchors the mind either in past mistakes or future uncertainties. As a consequence, the individual becomes detached from the present moment, even though real life unfolds only in the present.

10. Erosion of Inner Trust: An overload of information and constant analysis weakens trust in one's inner wisdom and intuition. The person begins to rely more on

external opinions, theories, and possibilities than on their own judgment.

11. Moral Paralysis: Excessive thinking can blur the clear boundaries between right and wrong. In seeking endless justifications, a person may lose moral courage and the ability to take responsible, principled action.

12. Deprivation of Experience: Many truths in life reveal themselves only through experience. Overthinking, however, discourages experimentation and risk-taking, leaving a person informed yet untested—knowing much, but living little.

Unmasking Jealousy: A Window into Our Inner World

1. Jealousy is often rooted in insecurity: When we feel jealous, it's frequently because we doubt our own worthiness or fear losing something we value.

2. Jealousy can be a powerful motivator: It can push us to improve ourselves, work harder, or strengthen our relationships.

3. Jealousy is not always a negative emotion: It can sometimes be a sign of deep care and affection for someone or something.

4. Understanding the root of jealousy is crucial: It allows us to address the underlying issues and develop healthier coping mechanisms.

5. Jealousy can be a learning opportunity: It can help us identify our insecurities and work on building self-esteem.

6. Jealousy often reflects unmet emotional needs: Behind jealousy there is frequently an unfulfilled need for attention, validation, security, or appreciation. Recognizing these unmet needs helps shift the focus from blaming others to understanding oneself.

7. Jealousy can distort perception: When jealousy takes hold, it can warp how we interpret situations, leading us to assume intentions, exaggerate threats, or misread neutral actions as hostile or competitive.

8. Unchecked jealousy can damage relationships: If left unexamined, jealousy can manifest as control, suspicion, or resentment, slowly eroding trust and emotional intimacy in personal, professional, or social relationships.

9. Jealousy reveals personal values and priorities: What we feel jealous about often points to what we deeply value—status, love, recognition, competence, or belonging—making jealousy a mirror of our inner hierarchy of importance.

10. Jealousy can signal a lack of self-boundaries: Excessive jealousy sometimes arises when personal

identity is overly dependent on others. Strengthening self-boundaries reduces comparison and restores emotional balance.

11. Jealousy thrives on comparison culture: Constant comparison with others—especially in social and digital spaces—feeds jealousy by turning life into a competition rather than a personal journey with unique paths and timelines.

12. Awareness transforms jealousy into emotional intelligence: When jealousy is acknowledged without denial or judgment, it becomes a tool for self-awareness. This conscious engagement can convert a reactive emotion into emotional maturity and self-growth.

The Invisible Man: Exploring the Psychology of Being Overlooked

1. Overlooked individuals often struggle with self-esteem: They may feel invisible, unimportant, or like their contributions don't matter.

2. Social anxiety can contribute to being overlooked: People who are anxious in social situations may avoid drawing attention to themselves, leading to them being less noticed.

3. Overlooked individuals may have difficulty asserting themselves: They may be afraid of rejection or

conflict, leading them to shy away from opportunities to be seen.

4. Being overlooked can be a result of societal biases: Certain groups, based on factors like race, gender, or socioeconomic status, may be systematically overlooked in certain contexts.

5. It's important to recognize the impact of being overlooked: It can lead to feelings of isolation, loneliness, and even depression.

6. Being overlooked can shape identity over time: Repeated experiences of invisibility can become internalized, leading individuals to see themselves as insignificant, which may quietly influence their choices, ambitions, and expectations from life.

7. Overlooked individuals often develop heightened observation skills: When people are not the center of attention, they frequently become keen observers of others, developing deep emotional intelligence, empathy, and an acute understanding of social dynamics.

8. Silence can be mistaken for lack of competence: Those who are less vocal or less visible are often unfairly perceived as less capable, even when their skills or insights are equal to—or greater than—those who dominate attention.

9. Being overlooked can foster suppressed resentment: Unacknowledged efforts and ignored contributions may

give rise to quiet frustration or bitterness, which, if unaddressed, can harm mental well-being and relationships.

10. Invisibility can discourage risk-taking and creativity: When people feel unseen, they may stop offering ideas, taking initiative, or expressing creativity, reinforcing the cycle of being overlooked.

11. Chronic invisibility can affect communication patterns: Over time, overlooked individuals may speak less, downplay their achievements, or communicate indirectly, further reducing their presence in group settings.

12. Recognition can be transformative: Even small acts of acknowledgment can have a powerful impact, restoring confidence, motivation, and a sense of belonging for those who have long felt invisible.

The Illusion of Chemistry: Deciphering the Allure of Toxic Relationships

1. Toxic relationships often provide an initial rush of excitement: The intensity of the emotions, even if negative, can be addictive.

2. We may be drawn to familiar patterns: If we've experienced toxic relationships in the past, we may subconsciously seek out similar dynamics.

3. Low self-esteem can contribute to the allure of toxic relationships: We may settle for someone who mistreats us because we don't believe we deserve better.

4. Toxic relationships can be a form of emotional dependency: We may become reliant on the drama and conflict, even if it's harmful.

5. It's crucial to recognize the red flags of toxic relationships: Pay attention to patterns of manipulation, control, disrespect, and emotional abuse.

6. Trauma bonding can masquerade as deep connection: Cycles of harm followed by affection can create powerful emotional bonds, making pain feel like proof of intimacy rather than a warning sign.

7. Intensity is often mistaken for compatibility: Strong emotional highs and lows can be misread as passion or "chemistry," while genuine compatibility—built on respect and stability—may feel unfamiliar or dull in comparison.

8. Fear of abandonment sustains toxic attachments: The anxiety of being alone or rejected can keep individuals trapped, even when they are fully aware that the relationship is damaging.

9. Toxic dynamics can distort personal boundaries: Over time, repeated violations of emotional or psychological boundaries may normalize unhealthy behavior, making it harder to recognize where one ends and the other begins.

10. Hope for change can override reality: Many remain in toxic relationships because they cling to the belief that love, patience, or sacrifice will eventually transform the other person, despite consistent evidence to the contrary.

11. Social narratives often romanticize toxicity: Media and cultural stories frequently glorify jealousy, obsession, and emotional chaos as signs of true love, reinforcing harmful expectations about relationships.

12. Healing requires redefining love and safety: Breaking free from toxic chemistry involves relearning that love is grounded in emotional safety, mutual respect, consistency, and growth—not volatility or pain.

Truth or Dare: The Mind of a Chronic Liar

Why do some individuals seem unable to tell the truth, even when honesty would clearly serve them better? Chronic lying is not merely a habit or a moral failure; it is often a complex psychological behavior shaped by inner conflicts, emotional needs, and learned survival strategies. Understanding the mind of a chronic liar requires looking beyond the lies themselves and into the psychological terrain that makes deception feel necessary.

At its core, chronic lying is frequently driven by fear. Fear of rejection, fear of punishment, fear of appearing inadequate, or fear of losing control can all push a person toward deception. For many habitual liars, truth feels unsafe. Lying becomes a shield—an attempt to manage how others perceive them and to protect a fragile sense of self-worth. Over time, this protective behavior hardens into a default response, activated even when there is no real threat.

Personality traits play a significant role in this pattern. Individuals with high levels of insecurity, narcissistic tendencies, or a strong need for validation may lie to maintain an idealized image of themselves. Others may use lies to gain admiration, sympathy, or power, crafting narratives that place them at the center of attention or moral superiority. In such cases, lying is not random but strategic, designed to regulate emotions and reinforce identity.

In some instances, chronic lying is connected to deeper psychological or psychiatric conditions. Disorders such as pathological lying (pseudologia fantastica), certain personality disorders, or impulse-control issues can blur the boundary between truth and fabrication. These individuals may lie compulsively, sometimes without clear external benefit, and may even begin to believe their own stories. The lie becomes part of their internal reality, not just a tool for manipulating others.

Early life experiences also leave a lasting imprint. People who grew up in environments where honesty was

punished, ignored, or unsafe may learn that deception is the only reliable way to survive. In such contexts, lying is adaptive at first, helping the individual avoid harm or gain emotional security. However, what once served as protection in childhood often becomes destructive in adulthood, damaging trust and intimacy.

The impact of chronic lying on relationships is profound. Trust, once broken repeatedly, is difficult to restore. Partners, friends, and colleagues may experience confusion, anger, and emotional exhaustion as they struggle to distinguish truth from fiction. Over time, the liar may find themselves isolated—not because they are unknown, but because they are no longer believed. This isolation, ironically, can deepen the very insecurities that fuel the lying in the first place.

Professionally, habitual dishonesty can derail careers and reputations. Even highly talented individuals risk losing credibility when their words are consistently unreliable. The stress of maintaining false narratives also takes a toll on personal well-being, often leading to anxiety, guilt, and an ongoing fear of exposure. Living in deception requires constant mental effort, leaving little room for authentic connection or inner peace.

Healing from chronic lying begins with awareness. Until a person recognizes lying as a problem rather than a necessity, change is unlikely. Therapy can play a crucial role in uncovering the emotional roots of deception, rebuilding self-worth, and developing healthier ways to cope with fear and vulnerability. Learning to tolerate

discomfort, accept imperfection, and face consequences honestly are essential steps toward transformation.

Understanding the mind of a chronic liar is not about excusing deception, but about seeing it clearly. Behind endless fabrications often lies a wounded psyche seeking safety, control, or acceptance. When truth becomes less threatening than the lie, real change becomes possible—not just in behavior, but in identity itself.

Mind Games: Are You Playing Yourself?

We like to believe that we are rational, self-aware, and firmly in control of our thoughts and decisions. The comforting idea that "I know why I do what I do" gives us a sense of autonomy and confidence. Yet beneath this surface lies a more unsettling truth: much of our daily thinking is guided not by conscious reasoning, but by automatic mental processes that quietly shape our choices, emotions, and behavior. In many ways, the mind plays games with itself—and most of the time, we don't even notice.

The human brain is designed for efficiency, not accuracy. Faced with an overwhelming amount of information, it relies on shortcuts known as cognitive biases. These shortcuts help us make quick decisions, but they also distort reality. We overvalue immediate rewards, underestimate long-term consequences, and cling to familiar beliefs even when evidence contradicts them.

That impulsive purchase, the snap judgment about someone, or the confidence in a poor decision often feels intentional, but it is usually the result of these unconscious mental mechanisms at work.

Emotions play a central role in this internal manipulation. The brain is constantly seeking comfort, safety, and pleasure, often at the expense of long-term well-being. Fear pushes us to avoid growth, desire tempts us into excess, and social approval nudges us to conform. Marketing, social media, and persuasive messaging exploit these emotional vulnerabilities by appealing to our need for belonging, status, and validation. When a decision feels "right" in the moment, it is often because it aligns with an emotional impulse rather than thoughtful reasoning.

Another trick the mind plays is the illusion of control. We tend to believe that because we can explain our actions after the fact, we consciously chose them in the first place. In reality, many decisions are made first on an emotional or intuitive level, with logic stepping in later to justify them. This self-justification protects our ego but prevents us from learning from our mistakes. Instead of questioning the decision itself, we defend it, reinforcing the very patterns that mislead us.

Memory also contributes to these mind games. Our recollections are not objective recordings of the past but reconstructions shaped by current beliefs and emotions. We remember successes more clearly than failures, reinterpret past choices to fit our present identity, and

selectively forget information that threatens our self-image. This distorted memory creates a false sense of consistency and wisdom, making it harder to recognize recurring errors.

So, are we doomed to be outplayed by our own minds? Not necessarily. Outsmarting the brain does not mean suppressing emotion or eliminating bias—both are essential parts of being human. It means cultivating awareness. When we slow down decisions, question our immediate reactions, and create space between impulse and action, we regain agency. Reflection, mindfulness, and honest self-examination allow us to notice patterns instead of being controlled by them.

True mental freedom begins with humility—the recognition that the mind is powerful but imperfect. By accepting that we are susceptible to internal manipulation, we become less defensive and more curious about our own behavior. In that curiosity lies the ability to choose differently, not perfectly, but more consciously. The real mind game, then, is not about winning against the brain, but learning to work with it—wisely, patiently, and with greater self-awareness.

Why Some People Make Friends Effortlessly While Others Struggle

It often seems as though certain people walk into a room and instantly belong. Conversations flow naturally

toward them, laughter follows, and friendships form with little visible effort. Meanwhile, others try just as hard, yet feel unseen, awkward, or disconnected. This difference is rarely a matter of luck or some mysterious charm. It is rooted in subtle psychological traits, learned behaviors, and the way individuals relate to themselves and others.

At the heart of effortless friendship is emotional comfort. People who make friends easily tend to feel relatively at ease in their own skin. This inner ease signals safety to others. When someone is not preoccupied with how they are being judged, they become more present, relaxed, and open. This presence creates a welcoming emotional atmosphere where others feel accepted rather than evaluated. In contrast, those who struggle socially often carry self-consciousness into interactions, which can unintentionally create distance.

Listening plays a far greater role in social success than talking. Socially magnetic people are not necessarily the most talkative, but they are often deeply attentive. They listen without waiting for their turn to speak, notice emotional cues, and respond in ways that make others feel heard and understood. This genuine attention fosters connection because people naturally gravitate toward those who make them feel valued. When listening is replaced by anxiety, overthinking, or self-monitoring, conversations lose their natural rhythm.

Another key factor is emotional openness. People who form friendships easily tend to express warmth through facial expressions, tone of voice, and body language.

Small signals such as smiling, maintaining comfortable eye contact, and responding with curiosity communicate approachability. These signals are often unconscious, yet they strongly influence how others perceive us. Those who struggle with friendships may unintentionally appear closed off, not because they lack kindness, but because fear of rejection encourages emotional guardedness.

Expectations also shape social outcomes. Individuals who approach interactions with curiosity rather than pressure allow relationships to develop organically. They do not demand instant closeness or validation. This relaxed approach gives others space to engage freely. On the other hand, when someone places heavy emotional weight on every interaction, the intensity can create tension, making connection harder rather than easier.

Past experiences play a quiet but powerful role as well. People who grew up feeling accepted often carry an internal belief that connection is safe and possible. Those who experienced rejection, neglect, or social exclusion may unconsciously anticipate disappointment. This expectation can influence behavior, tone, and responsiveness, reinforcing the very isolation they fear. Social ease, in many cases, reflects emotional history rather than personality alone.

Importantly, social skills are not fixed traits. While some individuals appear naturally gifted, many have simply practiced empathy, communication, and self-regulation over time. Confidence in social settings often grows from

repeated exposure, reflection, and learning from mistakes. The ability to connect is less about being impressive and more about being authentic, emotionally available, and responsive.

Ultimately, making friends effortlessly is not about changing who you are, but about understanding how connection works. When attention shifts from self-protection to genuine engagement, relationships begin to form more naturally. Friendship is not a performance to be perfected, but a shared emotional space to be entered. Those who understand this may seem effortless, but what they truly possess is emotional clarity, presence, and the courage to be real.

The Hidden Psychology of Playing the Victim: When Seeking Sympathy Becomes a Pattern

Almost everyone experiences moments of genuine pain, injustice, or loss, and seeking support during such times is a healthy human response. However, there are individuals for whom victimhood is not a temporary state but a recurring identity. They seem perpetually wronged by circumstances, misunderstood by others, and powerless to change their situation. What begins as a response to real difficulty can gradually harden into a psychological pattern, one that shapes how a person sees the world and their place within it.

At its core, playing the victim often functions as a coping strategy. When life feels overwhelming or threatening, adopting a victim role can reduce internal conflict. By framing oneself as helpless or wronged, responsibility for outcomes is shifted outward. Failures are no longer the result of choices, limitations, or effort, but of unfair people, bad luck, or hostile systems. This externalization can temporarily protect self-esteem, sparing the individual from guilt, shame, or the discomfort of self-examination.

Another powerful driver of this pattern is the human need for validation and connection. Sympathy, attention, and reassurance can feel emotionally nourishing, especially for those who lack secure attachment or consistent emotional support. When victimhood reliably brings care, concern, or a sense of importance, the behavior is subtly reinforced. Over time, distress becomes a currency for connection, and suffering turns into a means of being seen and valued.

Past experiences often play a decisive role. Individuals who grew up in environments where their needs were ignored, minimized, or only acknowledged during crises may learn that pain is the only reliable way to receive attention. Similarly, those who have experienced trauma or prolonged helplessness may unconsciously remain in a psychological posture of powerlessness, even when circumstances change. The victim identity, in such cases, is less about manipulation and more about unresolved emotional wounds.

Despite the short-term emotional rewards, the long-term consequences of chronic victimhood are damaging. Repeatedly viewing oneself as powerless erodes personal agency and confidence. The belief that "nothing I do will change anything" becomes self-fulfilling, discouraging effort, growth, and risk-taking. Life begins to feel stagnant, not because change is impossible, but because it is no longer attempted.

Relationships also suffer under this pattern. While people may initially respond with empathy, constant negativity and blame can become emotionally draining. Over time, friends, partners, or colleagues may feel manipulated, guilty, or unfairly burdened. Resentment grows, trust weakens, and genuine intimacy fades. Ironically, the very behavior meant to secure connection often leads to isolation.

Breaking free from a victim mindset requires more than simply "thinking positive." It begins with awareness—the ability to notice when suffering has become an identity rather than a circumstance. This awareness opens the door to accountability, not as self-blame, but as self-empowerment. Taking responsibility for choices, boundaries, and responses restores a sense of control and dignity.

Healing also involves learning healthier ways to seek support. Vulnerability does not require helplessness, and asking for help does not mean surrendering agency. When individuals learn to express needs without abandoning responsibility, sympathy is replaced by

respect, and connection becomes mutual rather than dependent.

Ultimately, playing the victim is not a sign of weakness, but of unmet psychological needs and unresolved pain. Yet staying in that role prolongs suffering rather than easing it. True relief emerges when a person shifts from asking, "Why does this always happen to me?" to asking, "What power do I have here, and how can I use it?" In that shift, sympathy gives way to self-respect, and survival evolves into growth.

Why Some People Never Feel Guilty

Imagine a world where consequences carry no weight, where remorse is an alien concept, and actions—whether kind or cruel—leave no trace on the conscience. Some people appear to navigate life in precisely this realm, seemingly immune to the pangs of guilt that shape the moral compass of the rest of us. At first glance, such individuals may appear callous or morally bankrupt, but the psychology behind a guilt-free mind is far more intricate than simple cruelty or selfishness.

One factor often associated with the absence of guilt is a diminished capacity for empathy. Empathy allows us to feel, in some measure, the suffering we may cause others. Without it, the emotional feedback loop that typically generates guilt is absent. A person lacking this connection may not experience remorse simply because

the harm they inflict fails to register emotionally. This does not necessarily mean that every action is calculated or malicious; some guilt-free individuals are not aware of the emotional consequences of their behavior.

Personality traits and neurological factors also contribute to this pattern. Individuals with psychopathic tendencies, high levels of narcissism, or certain antisocial traits often exhibit a weak or absent guilt response. Their moral reasoning may be intellectual rather than emotional, allowing them to distinguish right from wrong on paper, yet fail to experience the internal distress that motivates ethical behavior. Neurological studies suggest that certain brain structures involved in processing empathy, fear, and moral judgment function differently in these individuals, providing a partial explanation for their emotional immunity.

Early life experiences can compound these tendencies. Exposure to environments where moral boundaries were inconsistent, punishment was unpredictable, or emotional connections were scarce may interfere with the development of conscience. In such cases, guilt may never fully form, or it may manifest in distorted ways, detached from the broader social context. Over time, these individuals can navigate the world with a unique moral logic that seems alien to those who experience guilt naturally.

Yet the absence of guilt is not synonymous with omnipotence or moral clarity. While some may exploit this trait to manipulate or harm others, it often comes

with limitations. Relationships can be shallow or transactional, trust is difficult to sustain, and long-term social integration may be compromised. Interestingly, some guilt-free individuals compensate for the lack of internal restraint through external rules, strategies, or incentives, relying on logic, self-interest, or social norms to guide behavior.

Understanding why some people never feel guilty challenges conventional assumptions about morality and human nature. It reminds us that conscience is not universal, that emotional responses are shaped by biology, psychology, and experience, and that the boundaries between right and wrong are experienced differently across individuals. This exploration is not merely academic; it has real-world implications for relationships, justice, and the ways societies recognize, respond to, and accommodate variations in moral cognition.

In the end, the guilt-free mind remains a puzzle—a window into the diversity of human experience. While most of us navigate life guided by remorse, conscience, and empathy, these individuals illuminate what it means to live unencumbered by such forces. Studying them does not excuse harm or immorality, but it deepens our understanding of the human psyche, revealing that morality is not just a set of rules but a complex interplay of emotion, cognition, and social context.

Why People Don’t Give Praise and Encouragement

It is often puzzling why so few people offer genuine praise or encouragement, even when it seems both deserved and beneficial. While many assume that compliments are simple gestures, the psychology behind why people hold back is far more complex. Fear, insecurity, social conditioning, and personal biases all play a role in this reluctance to affirm others.

One reason is fear of vulnerability or appearing insincere. Complimenting someone requires emotional openness, and some individuals worry that their words will be misunderstood, dismissed, or even ridiculed. There is also a concern about creating expectations; praise may unintentionally obligate the giver to maintain the same level of approval in the future, which can feel uncomfortable or burdensome. In this way, silence becomes the safer option.

Insecurity and jealousy further complicate matters. When individuals compare themselves to others, they may perceive complimenting a peer as highlighting their own shortcomings. Instead of acknowledging achievement, they unconsciously withhold praise to protect their ego or avoid feeling inferior. This behavior is often subtle, arising not from malice but from a natural desire to preserve self-esteem.

Cultural and social conditioning also influences how encouragement is expressed. In many societies, humility is valued, and overt praise can be seen as boastful, unnecessary, or even manipulative. People may assume that others will recognize achievements without verbal affirmation, or that expressing admiration is inappropriate. Over time, this norm reinforces the habit of withholding encouragement, creating an environment where appreciation is scarce.

Additionally, some individuals underestimate the power of words. They may not realize how profoundly recognition and support affect motivation, confidence, and emotional well-being. Because they do not experience or reflect on the positive impact of praise, they fail to develop the habit of offering it spontaneously.

Ultimately, the absence of praise and encouragement is rarely about lack of care; it is often about fear, self-consciousness, or unawareness. By understanding these underlying dynamics, we can begin to consciously offer recognition, cultivate generosity of spirit, and create environments where affirmation becomes natural. Encouragement, after all, is not merely a kindness to others—it nurtures relationships, builds trust, and reinforces the human capacity for growth and resilience.

Why People Don’t Admit Their Mistakes and Fail to Improve

Acknowledging one’s own mistakes is a cornerstone of personal growth, yet many people struggle to do so, and even when they do, genuine change often fails to follow. Understanding why this happens requires looking into the complex interplay of psychology, ego, and social influences. Admitting a mistake involves vulnerability, self-reflection, and humility, all of which can feel threatening to the mind and ego. For many, accepting fault is perceived as weakness or a threat to status, so denial or rationalization becomes the easier path.

Fear is a powerful factor. People often fear judgment, criticism, or punishment if they admit wrongdoing. They worry that acknowledgment will make them appear incompetent or diminish others’ respect. This fear leads them to justify or minimize their errors, sometimes even convincing themselves that they were right. The mind, in essence, protects itself from the discomfort of shame and guilt, even at the cost of growth.

Ego and self-image also play a critical role. Many individuals tie their identity to being “right” or “capable,” so admitting mistakes feels like a personal failure rather than an isolated act. The instinct to preserve this self-image often overrides rational evaluation, making it difficult to accept responsibility. In some cases, people project blame onto others or circumstances, redirecting focus away from their own errors to maintain a sense of control and self-worth.

Habits and patterns of thinking further reinforce this resistance. When a person repeatedly avoids accountability, it becomes normalized behavior. Over time, the capacity for honest self-assessment weakens, and the individual may become trapped in cycles of repeated mistakes, unable or unwilling to break them. Cognitive biases, such as confirmation bias and self-serving bias, also distort perception, allowing people to selectively interpret reality in ways that protect their sense of correctness.

Social and cultural factors contribute as well. In environments where mistakes are harshly punished or public acknowledgment of error is shamed, admitting fault is seen as risky. Conversely, in settings that value perfection or competition, people may perceive any admission of imperfection as disadvantageous. These pressures make avoidance or defensiveness a natural, albeit maladaptive, response.

Ultimately, failing to admit mistakes prevents learning and personal development. Real growth requires confronting discomfort, embracing responsibility, and making conscious efforts to change behavior. When people resist this process, they remain trapped in recurring errors, strained relationships, and stagnation. Understanding the psychological barriers to accountability—fear, ego, social conditioning, and cognitive biases—can help individuals cultivate self-awareness, humility, and the courage to confront their faults, transforming mistakes into stepping stones rather than stumbling blocks.

The Sixth Sense: Unlocking Your Inner Foresight

1. It's like a whisper from the future, but you're not always listening. Your intuition is always working, even if you're not consciously aware of it. It's like a tiny voice inside your head, giving you subtle hints about what's going to happen.

2. You're always looking for patterns, even if you don't realize it. Your brain is constantly analyzing information, trying to make sense of the world around you. It's like a detective, piecing together clues to predict what's going to happen next.

3. You're constantly making assumptions, even if you don't know it. Your brain is always trying to fill in the gaps, even if it means making up things. It's like a storyteller, creating a narrative that makes sense to you.

4. You're always looking for confirmation bias. You're more likely to notice things that confirm your existing beliefs, even if they're wrong. It's like a filter, only letting through information that fits your worldview.

5. You're always afraid to be wrong. You're more likely to ignore your intuition if it goes against your conscious beliefs. It's like a fear of the unknown, making you cling to what you already know.

6. Your emotions are subtle signals. Intuition often communicates through feelings rather than thoughts. A gut feeling, unease, or sudden excitement can be your inner foresight signaling something important. These emotional nudges are like internal traffic lights, warning or guiding you when logic alone is insufficient.

7. Past experiences shape your foresight. Your brain draws on memories and patterns from past experiences, often unconsciously. This means intuition is partly a synthesis of lessons learned over time, quietly helping you anticipate outcomes based on what has happened before.

8. Your subconscious mind notices what you overlook. Even when your conscious attention is elsewhere, your subconscious absorbs information. Small details you barely register can combine into a sense of knowing or foresight, acting like an invisible radar scanning possibilities and risks.

9. Silence and stillness enhance intuition. Your inner foresight becomes clearer when you slow down, observe, and create mental space. Constant noise, distraction, or overstimulation dulls the subtle hints your mind is trying to send. Meditation, reflection, or quiet focus can amplify your sixth sense.

10. Intuition is a guide, not a guarantee. Your inner foresight can point you in the right direction, but it is not infallible. Sometimes it's influenced by biases, fears, or incomplete information. Learning to interpret these

signals critically while still trusting them strengthens your decision-making.

11. Your body often leads your mind. Physical sensations—tightness in the chest, a chill down the spine, or a sense of lightness—can precede conscious realization. These bodily cues are part of how your sixth sense communicates, linking instinct with awareness.

12. Trust develops through practice. The more you pay attention to and act on your intuition, the stronger it becomes. Ignoring it repeatedly dulls your ability to perceive subtle signals, while consistent awareness sharpens your foresight over time.

The Art of Persuasion: How Marketers Manipulate Your Mind

1. Marketers often create a sense of urgency by using phrases like "limited time offer" or "while supplies last." This makes us feel like we need to buy something now before it's gone, even if we don't really need it.

2. We're more likely to buy something if we see others buying it. Marketers use this by showing testimonials, reviews, or popularity rankings.

3. The way something is presented can influence our perception. For example, a product might be framed as a "deal" or a "bargain" even if it's not actually a good value.

4. Our brains tend to focus on the first piece of information we receive. Marketers use this by setting a high price point and then offering a discount, making the product seem like a better deal.

5. We hate losing more than we like gaining. Marketers use this by making us feel like we're missing out on something if we don't buy it.

6. Emotional storytelling drives decisions. Marketers often tell stories that evoke emotions—happiness, fear, nostalgia, or pride. When a product is tied to a feeling or identity, we buy not just the item, but the experience or status it promises. Emotion often overrides logic in purchasing decisions.

7. Scarcity triggers desire. Beyond urgency, marketers use scarcity to make products seem more valuable. Limited editions, "only a few left in stock," or exclusive memberships create a perception of rarity, tapping into our instinctive desire for what seems scarce.

8. Anchoring manipulates perceived value. Marketers exploit our tendency to compare against an initial reference point. A high "original price" next to a "discounted price" makes us perceive greater value, even if the product was never worth the original amount.

9. Social proof exploits conformity. We are influenced by what others approve of or purchase. Endorsements from influencers, celebrity partnerships, or "trending now"

tags trigger conformity, nudging us to follow the crowd and feel validated in our choices.

10. Repetition creates familiarity. Repeated exposure to a brand or message increases likability and trust, even without conscious awareness. This psychological principle, called the mere-exposure effect, makes us more likely to buy something we recognize, even if we never fully analyze its utility.

11. Color, design, and sensory cues influence perception. Visual and sensory elements are carefully designed to evoke specific responses. Bright colors may create excitement, soft textures may suggest luxury, and pleasant scents can trigger positive associations—all subtly nudging our brain toward purchase.

12. Loss aversion intensifies persuasion. Marketers frame choices in terms of what we'll lose if we don't act. Free trials, limited bonuses, or "don't miss out" offers exploit our natural tendency to fear loss more than we value gains, pushing us toward action.

These tactics show that persuasion is not random—it's a carefully orchestrated psychological strategy. By understanding how marketers manipulate urgency, social proof, emotions, and perception, we can become more conscious consumers and make decisions with awareness rather than impulse.

How People Take Advantage of Being too Nice!

1. The "Nice Guy" Trap: Being too nice can sometimes be perceived as weakness, making you an easy target for manipulation. People might see your kindness as a sign that you'll always give in to their demands.

2. The Burden of Expectations: When you're consistently nice, people might start to expect it from you. This can lead to resentment and feeling taken advantage of.

3. The Fear of Conflict: Being too nice can make it hard to say no or stand up for yourself. This can lead to you being taken advantage of because you're afraid of rocking the boat.

4. The "Doormat Effect": If you're always willing to help others, people might start to see you as a doormat, someone they can walk all over.

5. The Loss of Authenticity: Constantly putting on a "nice" facade can lead to a loss of authenticity. You might start to feel like you're not being true to yourself.

6. Emotional Exploitation: People may exploit your empathy and willingness to help by sharing their problems excessively or manipulating your emotions. Over time, this can drain your mental and emotional energy, leaving you exhausted and unappreciated.

7. Delayed Self-Priority: Being too nice often means prioritizing others over yourself. This can lead to neglecting your own needs, goals, and well-being, making you more vulnerable to exploitation. Those who notice your selflessness may take advantage of your tendency to put yourself last.

8. Undermined Authority: In professional or social settings, excessive niceness can be misinterpreted as a lack of assertiveness or leadership ability. People may disregard your opinions, push you around in group decisions, or ignore your authority.

9. Unbalanced Relationships: When kindness is one-sided, relationships can become exploitative. Others may continuously take without giving, leading to feelings of frustration, burnout, and even silent resentment. Over time, these imbalances can erode trust and self-worth.

10. Manipulative Flattery: Some individuals recognize your desire to please and use flattery or praise to bend you to their will. Compliments or guilt-tripping can become tools of control, subtly steering your decisions while masking their ulterior motives.

11. Reduced Respect: Excessive niceness can sometimes reduce how seriously others take you. People may overlook your contributions, dismiss your ideas, or fail to acknowledge your efforts, assuming that your approval or cooperation is guaranteed.

12. The Risk of Enabling: Constantly accommodating others' mistakes, excuses, or harmful behaviors can unintentionally enable negative patterns. Your kindness may allow destructive habits to persist, keeping both parties stuck in unhealthy cycles.

These points highlight that while being kind is a virtue, unchecked niceness without boundaries can invite manipulation, exhaustion, and loss of self-respect. True balance comes from combining empathy with assertiveness, ensuring that generosity does not come at the expense of personal dignity.

Feeling Like a Fake: Why You Don't Think You're Good Enough

1. The Fear of Being Caught: People who feel like a fake worry that they'll be found out as not being as smart or talented as everyone thinks they are. They feel like they're going to be exposed as a fraud.

2. Always Trying to Be Perfect: People who feel like a fake often set really high standards for themselves and are never happy with what they do.

3. Comparing Yourself to Others: Seeing other people's successes on social media can make us feel like we're not good enough.

4. Being Hard on Yourself: People who feel like a fake often focus on their mistakes and don't give themselves enough credit for their successes.

5. Needing Others to Tell You You're Good: People who feel like a fake often need others to reassure them that they're good enough, but they often have a hard time believing it even when they hear it.

6. Discounting Your Achievements: Even when you accomplish something significant, you may attribute it to luck, timing, or external help rather than your own skills. This mindset reinforces the feeling of being a fraud, making it hard to internalize success.

7. Fear of Taking Risks: Feeling like a fake can make you hesitant to take on new challenges. The fear of failing and "confirming" your own inadequacy can prevent growth and reinforce self-doubt.

8. Overworking to Compensate: Some people respond to imposter feelings by over-preparing or working excessively. While this can temporarily hide insecurities, it often leads to burnout and reinforces the belief that you're only worthy if you're constantly performing at maximum effort.

9. Difficulty Accepting Compliments: When someone praises you, it can feel uncomfortable or even wrong. Compliments may be dismissed or rationalized away, because the internal narrative doesn't allow you to see yourself as genuinely capable or talented.

10. Chronic Self-Sabotage: The fear of being "found out" can unconsciously drive behaviors that limit success. Procrastination, avoiding opportunities, or setting unrealistic standards can all stem from the belief that you're not truly capable.

11. Feeling Isolated in Your Struggle: Imposter feelings often make you believe that you're alone in your doubts. Observing others' confidence or success can deepen the sense that you're the only one "faking it," even though these feelings are common and experienced by many.

12. Difficulty Owning Your Identity: The persistent sense of being a fraud can make it hard to embrace your true self. You may hide talents, downplay achievements, or overfit into roles you think others expect of you, instead of authentically expressing your abilities and passions.

These points show that feeling like a fake is not simply low self-esteem; it's a complex cycle of doubt, overcompensation, and self-criticism. Breaking it requires acknowledging your accomplishments, embracing imperfections, and gradually internalizing your own worth.

Overcoming Imposter Syndrome: Build Confidence and Embrace Your True Self

1. The Fear of Being Caught: *How to overcome it:* Accept that perfection is impossible and that everyone makes mistakes. Focus on learning rather than "looking perfect." Journaling your successes and reflecting on your growth can reinforce that your abilities are real and earned, not just luck.

2. Always Trying to Be Perfect: *How to overcome it:* Set realistic and achievable goals. Practice self-compassion and allow yourself to make mistakes as part of the learning process. Celebrate effort, not just outcomes, and remind yourself that imperfection does not make you a fraud.

3. Comparing Yourself to Others: *How to overcome it:* Limit social media exposure or view it critically, remembering that people often showcase highlights, not the full reality. Focus on your personal growth and progress rather than measuring yourself against others' achievements.

4. Being Hard on Yourself: *How to overcome it:* Practice self-kindness and gratitude. Keep a daily log of your wins, however small, to reinforce your accomplishments. Reframe mistakes as learning opportunities rather than evidence of inadequacy.

5. Needing Others to Tell You You're Good: *How to overcome it:* Build internal validation by acknowledging

your own efforts and successes. Practice affirmations and self-recognition exercises to reduce reliance on external approval. Over time, trust your own judgment.

6. Discounting Your Achievements: *How to overcome it:* When you achieve something, consciously reflect on the skills, effort, and intelligence you applied. Write them down. Treat your accomplishments as proof of your competence rather than luck or coincidence.

7. Fear of Taking Risks: *How to overcome it:* Start with small, manageable risks and gradually increase the challenge. Focus on the process rather than the fear of failure. Reframe failures as lessons that bring growth rather than confirmation of inadequacy.

8. Overworking to Compensate: *How to overcome it:* Set boundaries and prioritize balance. Recognize that your value is not tied to output or perfection. Practice mindful breaks, hobbies, and relaxation to prevent burnout and reinforce that your worth is inherent, not conditional on constant performance.

9. Difficulty Accepting Compliments: *How to overcome it:* When praised, pause and genuinely acknowledge it, even silently at first. Practice saying "thank you" without deflecting. Reflect on why the compliment is deserved, connecting it to your real abilities rather than dismissing it.

10. Chronic Self-Sabotage: *How to overcome it:* Identify patterns of procrastination or avoidance and implement structured strategies (like breaking tasks into small steps

or using accountability partners). Challenge negative self-talk and replace it with affirmations of your capability and past successes.

11. Feeling Isolated in Your Struggle: *How to overcome it:* Open up to mentors, peers, or support groups about your doubts. Recognize that imposter feelings are common. Sharing experiences normalizes them and reduces the sense of being alone in your struggles.

12. Difficulty Owning Your Identity: *How to overcome it:* Explore and embrace your authentic self. Reflect on your strengths, passions, and achievements regularly. Practice asserting your opinions, skills, and decisions in safe spaces. Journaling or therapy can help integrate self-perception with reality, building confidence in your identity.

How Emotionally Intelligent People Can Use Others

1. Reading People Like a Book: Emotionally intelligent people are often very good at reading others' emotions and figuring out their motivations. This can be used to manipulate them by knowing what buttons to push.

2. Mirroring and Mimicry: They might mirror your body language and tone of voice to build trust and rapport, making you feel like you're connecting with them, but it's all part of a strategy.

3. Emotional Judo: They might use your emotions against you, deflecting criticism by playing the victim or making you feel guilty for disagreeing.

4. The Power of Persuasion: They can use their understanding of your emotions to persuade you to do things you might not otherwise want to do.

5. Exploiting Weaknesses: They might exploit your vulnerabilities to get what they want, knowing that you're more likely to give in if you feel like you're being understood or cared for.

6. Strategic Compliments and Validation: Emotionally intelligent manipulators often give targeted compliments to reinforce desired behavior. By validating your ego or achievements selectively, they can steer your actions while making you feel appreciated or important.

7. Creating Dependency: They may subtly make you reliant on their guidance, advice, or emotional support. Once you start depending on them for direction or reassurance, it becomes easier to influence your choices and decisions.

8. Timing and Emotional Calibration: They understand the perfect moments to approach you, push a request, or introduce an idea. By carefully calibrating timing to match your emotional state, they maximize the likelihood of compliance or agreement.

9. Social Leverage: Emotionally intelligent manipulators can use social dynamics to their advantage. They may

involve peers, friends, or colleagues to subtly pressure or persuade you, knowing that social influence can override personal resistance.

10. Framing and Reframing Reality: They can skillfully frame situations to make you see things their way, often twisting narratives to make their agenda seem logical, fair, or unavoidable. By controlling perception, they manipulate both your thoughts and emotional responses.

11. Silent Influence and Suggestion: Sometimes their manipulation doesn't involve direct action. A well-placed suggestion, a pause, or an expression of subtle disappointment can make you adjust your behavior without realizing you're being influenced.

12. Leveraging Gratitude and Obligation: They might remind you of past favors or help to create a sense of indebtedness. Your natural inclination to reciprocate can be exploited to achieve their goals, making you act in ways you wouldn't otherwise.

These points highlight that emotional intelligence, while often a positive trait, can also be weaponized. Awareness of these tactics allows individuals to set boundaries, recognize manipulation, and protect themselves from being used while still engaging empathetically with others.

The Silent Check: How People Unconsciously Test Your Character

1. The "Late Arrival" Test: If someone is consistently late, they might be testing your patience and boundaries. Do you get annoyed, or do you remain calm and understanding?

2. The "Asking for a Favor" Test: This is a classic! It's not always about the favor itself, but about how you respond. Are you willing to help without complaining? Do you follow through?

3. The "Negative Feedback" Test: How do you handle criticism? Do you get defensive or try to learn from it? Your reaction to negative feedback can reveal a lot about your character.

4. The "Sudden Change of Plans" Test: Life is full of surprises. How do you react when someone changes plans at the last minute? Do you get flustered, or do you roll with the punches?

5. The "Stressful Situation" Test: How do you handle pressure? Do you stay calm under pressure, or do you crumble? Your reaction to stressful situations can show how resilient you are.

6. The "Temptation" Test: People may observe how you respond to small temptations or shortcuts. Do you stick to your principles even when bending the rules could benefit you, or do you take the easy way out? This reveals integrity and self-discipline.

7. The "Empathy" Test: Sometimes, people quietly watch how you respond to someone else's misfortune or struggle. Do you show understanding and compassion, or do you ignore or judge them? Your reaction can reveal your capacity for empathy.

8. The "Consistency" Test: Do you act the same way around everyone, or does your behavior change depending on who's watching? Consistency in actions and words reflects honesty and authenticity.

9. The "Gratitude" Test: How do you respond when someone goes out of their way to help you? Do you show genuine appreciation, or do you take it for granted? Gratitude demonstrates humility and respect for others.

10. The "Responsibility" Test: When mistakes happen—yours or shared—do you own up to them, or do you shift blame? Taking responsibility shows maturity, accountability, and ethical strength.

11. The "Generosity" Test: People may observe how willing you are to share your time, resources, or knowledge without expecting anything in return. Generosity often reflects character more than wealth or status.

12. The "Listening" Test: Do you truly listen when someone speaks, or do you just wait for your turn to talk? Active listening signals respect, patience, and emotional intelligence, all of which are markers of strong character.

13. The "Humility" Test: People may observe how you respond to praise or success. Do you remain humble and grounded, or do you become arrogant and boastful? Humility reflects emotional maturity and self-awareness.

14. The "Fairness" Test: How do you treat people who have nothing to offer you? Do you act with fairness and respect toward everyone, or only toward those who benefit you? This test reveals your true sense of justice and integrity.

15. The "Forgiveness" Test: When someone wrongs you, how do you react? Do you hold grudges, or are you able to forgive and move forward? Your ability to forgive shows emotional strength and character depth.

16. The "Adaptability" Test: When situations don't go your way or the rules change unexpectedly, do you resist, complain, or adapt gracefully? Flexibility in the face of change demonstrates resilience and emotional intelligence.

17. The "Generosity of Spirit" Test: People may watch if you are willing to uplift others without expecting recognition. Are you generous with praise, encouragement, or opportunities? This test highlights kindness and the willingness to support others selflessly.

18. The "Courage" Test: How do you behave when standing up for what is right, even if it's unpopular or risky? Courage under scrutiny is a key indicator of strong moral character.

19. The "Consistency Under Pressure" Test: Do your core values remain intact even during stressful or high-stakes situations, or do you compromise when it's convenient? Consistency in action shows authenticity and reliability.

These additional points emphasize that character is continually revealed in small, often unnoticed ways. Everyday reactions—through humility, fairness, forgiveness, adaptability, generosity, courage, and integrity—offer a clear window into who we truly are.

The Art of Deception: Unmasking the Liar

1. They're like a magician, always trying to pull one over on you. They'll twist the truth, deny things that happened, and make you question your own sanity. It's like they're trying to make you believe their version of reality, even if it's completely made up.

2. They're always looking for an escape route. They'll make excuses, blame others, and try to shift the focus away from their own lies. It's like they're trying to avoid taking responsibility for their actions.

3. They're always testing your boundaries. They'll push you further and further, trying to see how far they can go before you call them out. It's like they're trying to find your weaknesses and exploit them.

4. They're always trying to control the narrative. They'll manipulate situations and people to get what they want, even if it means lying about it. It's like they're trying to create their own reality, where they're always in control.

5. They're always playing a game. They'll see life as a competition, and they'll do whatever it takes to win, even if it means lying and cheating. It's like they're always trying to get one up on everyone else.

6. The "Charm Offensive". Liars often use charm and charisma to disarm suspicion. By being likable, persuasive, or flattering, they make you more willing to trust them, even when their intentions are deceptive.

7. Exploiting Emotions. They manipulate emotions—guilt, fear, sympathy, or love—to bend others to their will. Emotional manipulation allows them to maintain control while disguising the truth.

8. Fabricating Details. To make their lies convincing, they often add unnecessary details or stories. These embellishments create a sense of authenticity, making it harder to question their version of events.

9. Gaslighting. They may deliberately make you doubt your memory, perception, or judgment. By twisting facts

or denying events, they destabilize your confidence, keeping you dependent on their narrative.

10. Creating Confusion. Liars often overwhelm you with contradictory information, half-truths, or distractions. By creating mental chaos, they make it harder for you to recognize the deception and easier for them to stay in control.

11. Exploiting Trust. They carefully identify who trusts them easily and use that trust to their advantage. By targeting vulnerable or trusting individuals, they can deceive without immediate detection.

12. Feigning Innocence. When confronted, liars may act shocked, confused, or hurt to avoid accountability. This tactic often shifts blame back onto you, making it harder to challenge their dishonesty.

13. Predicting Reactions. They observe how people react under stress, guilt, or doubt, and tailor their lies accordingly. By anticipating responses, they maintain the upper hand in interactions.

These points illustrate that deception is often a calculated art, combining psychological insight, manipulation, and careful observation. Recognizing these patterns helps in unmasking liars and protecting oneself from their influence.

Why Life Gets Complicated

“THE DEGREE OF COMPLEXITY Hard to understand, complicated; a confusion of parts woven together. IS PROPORTIONAL How one thing compares to another; the related portions, like 50/50. If you increase one portion the other portion also increases. TO THE DEGREE OF NONCONFRONT Two definitions of "Confront" are:

1. **To challenge or attack.**
2. **To comfortably face without fear or reaction. We use definition 2 in this article.**

"Non confront" means you cannot comfortably face something. It bothers you or scares you..” — L. Ron Hubbard

When you can’t face something, it gets complicated. It seems scary, confusing and upsetting. It circles around and around in your mind.

You avoid it. You postpone it. You may pretend it doesn’t exist.

When you can easily and comfortably face something, it’s simple. People who love to take on complicated subjects are not superhuman. They are simply willing to confront what others avoid. It’s not as hard as you might think.

For example, Pete wants a girlfriend, but every time he even thinks about talking to a woman, his face feels hot. He sweats. His mind goes blank.

The whole idea of finding a girlfriend is very complicated to Pete. So instead of trying to get a date, he drinks beer and watches sports on TV.

How to Simplify Your Biggest Problems

"To take apart a problem requires only to establish what one could not or would not confront." — L. Ron Hubbard

That's all you have to do! Just figure out exactly what you cannot or will not confront and you slice apart the problem. You then know how to solve it!

So Pete decides to use this discovery to solve his problem with women. He takes apart the problem and writes down what he can't or won't confront with women:

- "I won't talk to women as I don't want to look stupid."
- "I can't ask a women on a date because if she says 'No,' I'll want to curl up and die."
- "I'm afraid of saying the wrong thing and I'll be embarrassed."
- "Sometimes I get so nervous around women, I can't think of anything to say."

Pete does not start with a date. He decides to handle the last thing he can't confront. He decides to get comfortable just talking to women, any women, in ordinary situations.

He talks to:

- His aunt

- The librarian
- A few of his female coworkers
- His friend's wife

After several conversations, Pete realizes women are just people and not out to hurt him. He actually enjoys chatting with them.
Because talking to women is now simple to Pete, he's ready to confront the other parts of the problem.
You can use this same solution of every type of complex difficulty in your life.
Ask yourself, "What about this problem can I not confront?" and "What about this problem will I not confront?"
The problem then falls apart so you can solve it. Permanently!

The Leaky Roof

As another example, your house roof leaks. You want to fix it, but you believe it's too complicated. So you take it apart to see what you can't confront.
"Well, I can buy shingles. I can follow the YouTube videos to replace the leaky shingles. That's easy. But I hate ladders. They scare me to death!"
So you also watch a few videos of how to safely use a ladder. You put up a ladder and go up and down a few steps until you feel comfortable. You are confronting it.
You persist. Up a little higher and then down. Up and down, higher and higher, and in total comfort. Soon, you are safely and happily climbing onto your roof.

The problem falls apart and it's now simple! You fix the leak, and think about a roofing career.

10 Real-Life Examples

Each of these complex problems can be taken apart.

1. Working on legal or government forms, like tax returns, when the steps look confusing and the rules make no sense.
2. Fixing a broken marriage when every talk turns into a fight and nothing gets better.
3. Being stuck in a stressful job or career that feels impossible to leave.
4. Having major money problems where the bills keep growing and the situations feels scary.
5. Starting a business when the paperwork, money needs and decisions feel overwhelming.
6. Feeling unpopular, disliked or excluded from a group.
7. Trying to learn a new skill, but it seems too hard or too advanced to master.
8. Losing a job and not knowing what to do next or how to move forward.
9. Dealing with a confusing medical condition when the instructions seem confusing and you imagine the worst.

10. Dealing with difficult friends, relatives or coworkers who make you feel stressed, upset, afraid or confused.

Fortunately, you do not need a genius to solve complicated problems. You mainly need to be honest about what you will not or cannot confront.

Ask yourself, "What about this problem is difficult for me to face?" or "What can't I confront about it?"

Then you write down your answers. The problem falls apart so you can solve it.

Example: You Feel Unpopular

You feel disliked or excluded from a group. People do not seem to like you as much as they like each other. It's painful and confusing.

So instead of giving up or blaming yourself, you sit down and ask yourself, "What about being in this group is hard for me to face?"

You write:

1. I'm afraid people simply dislike me.
2. I'm afraid I say the wrong things.
3. I'm afraid I don't fit in.
4. I'm afraid I make things awkward.
5. I'm afraid people are judging me.

Just making this list lowers the confusion. One big, emotional problem turns into five smaller ones. You confront each of these five parts.

1. First, you confront the fear that people don't like you.
   You find and face the facts instead of making guesses. You notice who talks to you, who responds, and when conversations go well. You see that only 20% of the people do not seem to like you, and they don't like anyone else either. The other 80% smile and are nice to you.

2. Next, you confront your fear of saying the wrong things.
   You stop talking and start observing. You watch what people enjoy talking about and realize they like talking about themselves. So you get interested in them instead of acting interesting. You ask simple questions about them and listen to what they say. You are suddenly more popular.

3. You then face the fear of not fitting in.

   You notice that everyone in the groups are actually different. You realize you have been trying to act like someone else. You start being yourself and acting however you please.

Suddenly, the problem is gone! You are as popular as you wish to be. You move on to bigger challenges.

Example: Changing a Complex Business Startup into a Simple Plan

Let's say you want to start a business. In your mind, it feels confusing and overwhelming.

Instead of giving up, you sit down with a sheet of paper and ask yourself, "What about starting a business is hard for me to face?"
You write:

1. I'm afraid I'll use up my savings.
2. I'm afraid to ask for a loan.
3. I'm afraid to sign a lease I won't need.
4. I'm afraid I'll hire a bad employee.
5. My advertising ideas might make me look stupid.

Just making this list lowers the confusion. One big, foggy problem turns into smaller ones.
Now you take them one at a time.

1. First, the fear of using savings.

   You write down real numbers: how much money you have, how much you need to start, and monthly costs. You talk to small business owners and look for low-cost ways to begin. The fear turns into a simple money plan.

2. Next, the fear of asking for a loan.

   You write down what scares you, then practice explaining the idea on one page. You visit a bank or meet with an investor/partner just to ask questions. Asking for a loan becomes a clear process, not a mystery.

3. Then, the fear of signing a lease.

You learn before deciding. You ask other owners how they chose a space, look at short-term options, and read a sample lease until it makes sense. The fear drops as understanding grows.

4. Next, the fear of hiring.

   You define what a good employee looks like and start small by hiring one part-time person. Managing people becomes a skill you learn, not something to fear.

5. Finally, the fear of advertising.

   You start with small, simple ads. You test ideas, ask for feedback, and copy what already works. Advertising becomes testing, not embarrassment.

After this, something changes.
The business still takes work, but it no longer feels like a complex jungle.
The "complicated" problem is now a set of simple steps you can follow.

Recommendations

Change all of your complex problems into simple solutions with these five steps.

1. Write down what is complicated in your life right now.

What area of your life seems chaotic, confusing, or overwhelming?

2. List the parts about it that you are not confronting.

What about this problem is hard to confront?

Which parts of this problem make you feel afraid? Confused? Nervous? What do you simply not want to deal with?

3. Select one of the parts.

4. Do one thing to confront it. See "10 Ways to Confront a Single Part of a Complex Issue" below for suggestions.

5. Repeat with the rest of the single parts until that part of your life becomes simple!

10 Ways to Confront a Single Part of a Complex Issue

L. Ron Hubbard discovered hundreds of methods to increase your ability to face life. Below are 10 methods you can use right now.

Do not try to use all 10 at once. Pick one method that fits the problem and feels easiest to use. Give it a try with a complicated part of the bigger problem. If it works, use it again. If it doesn't work, try another.

1. Carefully look and observe the situation exactly as it is in present time. Just face it yourself.

For example, you get a new government form and it immediately seems horrible and confusing because your friend told you it was. But then you actually look for yourself, and realize it's quite easy.

2. Increase your knowledge. Find out what you do not know and learn the facts. Ask every question you can think of.

For example, your credit card debt keeps growing even though you make the monthly payments. You spend an hour learning how credit cards work and realize how bad

they are for your financial goals. You work out a plan to pay them off within a year.

3. Look up all the words you may not understand about the subject.

For example, your uncle says, "You're pretty woke, right?" Wanting to fit in, you nod your head even though you are not sure what he means. Later, conversations with your uncle feel tense and confusing. You look up the word "woke" and learn it can be used as either a compliment or an insult. Now you understand what he meant, and your relationship with your uncle becomes simple again.

4. Keep trying. Just attempting to confront something whittles it down each time you try.

For example, you try to fix your bad marriage a little bit each day. It gets easier and easier to face each disagreement and conflict. Soon, you have more agreement and love for each other.

5. Watch someone who already does it well, either in person or on YouTube.

For example, your dad has a medical problem that confuses and scares you. You listen to people who had the same problem and learn how they succeeded. As a result, you reduce your fear and you research the condition to truly understand it.

6. Practice the skill.

For example, playing the guitar is confusing and difficult until you practice one song over and over. You eventually master this single song and enjoy playing it. You have no more confusion about playing the guitar.

7. Instead of thinking and planning, take one single action step. The first step is usually the hardest.

Examples: Put your foot on the ladder. Pick up the confusing form. Start a class. Put $5.00 in your new savings account. You feel a little pride with each single step which motivates you to confront more of the problems.

8. Gradually increase the challenge.

For example, you are afraid to speak in meetings. First, you listen without speaking. Next, you make one short comment. Later, you share an idea. Each step feels easier than the last.

9. If the single part feels too complicated or difficult, break it down into ITS parts until they are small enough to face and handle.

For example, you want to fix a complicated relationship. You break it down into 4 parts: listening, apologizing, finding agreements and improving communication.

But each one seems complicated so you break down the first part: listening. You break IT down into 4 parts: decide to be more patient, think of a few good questions to ask, arrange for an opportunity to listen and gently open the door to an encounter.

You can do these four easier parts. As a result, you enjoy your first improvement in the relationship.

10. Build on your wins. As soon as you make a bit of progress, pat yourself on the back! You are on your way to a big win. Repeat whatever works for you wherever you can.

For example, selling a new product is very complex, so you break it down and realize you have to make phone calls. You try and fail again and again. Finally, one person takes your call and agrees to exchange emails with you. A good, solid tiny win!

You use that success to make more calls to agreements to exchange emails. Soon, the confusion disappears as you sell lots of products with email.

Summary

As you confront the complexities in your life, the problem stops being complicated. You understand it. You can act on it. You can handle it.
Each time you fully confront all parts of a major problem, it solves and will never be a problem for you again. You make PERMANENT IMPROVEMENTS.
Success – and life itself – is much simpler.

11 Unpleasant Truths

1. Neither your friends, nor your family, nor the world, no one owes you success, happiness or respect. You must deserve everything.
2. Bad things happen to good people, and hard work doesn't always pay off. Accept it, adapt and keep moving forward.
3. Don't expect others to prioritize your needs. Most people only think about themselves; learn to do the same.
4. You can always make more money, but you never make up for lost time. Use it wisely, otherwise it will escape you.

5. You care about others, but people change themselves. Preserve your energy and set limits.
6. There are millions of talented people in the world. What sets dreamers apart from those who succeed is their perseverance, consistency and discipline.
7. It's up to you to solve your problems. Stop waiting for a mentor, a partner or a stroke of luck: you are your own savior.
8. If you try to please everyone, you will burn out. Not everyone likes you, and that's normal.
9. There is no shortcut to greatness; sleepless nights, good times lost and failures await you before you even glimpse the reward.
10. We respect results, not efforts. Focus less on telling your story and more on proving yourself.
11. It's not up to your partner, your boss, or your parents to make you happy. This responsibility lies entirely with you.

13 Human Mind Psychology Facts

(The Dark Truth You Need to Know)

1. People forget what you say, but they'll never forget how you made them feel.
2. Overthinking doesn't solve problems; it only creates new ones.
3. The things you fear the most often lead to the biggest growth.
4. Happiness isn't found outside — it's created within your mind.

5. When you love and respect yourself, others will follow suit.
6. Forgiving someone frees you more than it frees them.
7. Life won't always go as planned, and that's perfectly okay.
8. Negative people suck the life out of you — choose your circle wisely.
9. A grateful heart turns even the smallest things into blessings.
10. Whatever you repeatedly tell yourself, your mind will believe.
11. Failing doesn't mean you're weak; it means you're trying.
12. Never make important decisions when you're angry or upset.
13. Life's too short to fake it — be real, be you.

9 Interesting Facts About Body and Mind

1. Sleeping without a pillow can help relieve back pain.
2. A person inherits their height from their father and their weight from their mother.
3. If you suddenly feel tired, shake your head to help get your energy back.
4. The mind cannot ignore certain things like food, attractive people, and danger.

5. If you love learning new things, follow me for more information.
6. Listening to fast-paced music can increase your heart rate and energy.
7. Chewing gum can improve memory and concentration.
8. Using a blue light filter on your devices can reduce eye strain.
9. Smiling, even when you don't feel like it, can boost your mood.

Why People Don't Take You Serious

Have you noticed how your words land and then… disappear, like smoke in a cold room? You speak, you explain, you try, yet nothing moves.

Here is the uncomfortable truth. People don't ignore power. They ignore signals that feel unstable.

1. YOU TALK MORE THAN YOU DECIDE

You explain, justify, circle the point, then circle again. It sounds busy, not strong.

Authority feels still. When your speech never settles, people sense uncertainty and treat your ideas like background noise instead of something that deserves weight.

2. YOUR EMOTIONS LEAD YOUR LOGIC

You react before you think. Your tone jumps. Your face gives away tension.

People don't hear your point, they feel your instability. And humans trust calm systems, not nervous ones. Emotional leakage kills perceived competence fast.

3. YOU SEEK APPROVAL WHILE SPEAKING

You look for nods, smiles, micro-validations. That subtle hunger shows.

The moment you need permission to be confident, people unconsciously step above you.

Respect doesn't grow where approval-seeking energy is present.

4. YOU DON'T FINISH WHAT YOU START

You announce plans. You show ambition. Then nothing materializes. People stop believing in future talk when past action never arrived.

Reliability is louder than charisma, and you have trained others not to expect follow-through from you.

5. YOU OVER-EXPLAIN SIMPLE THINGS

You treat basic ideas like fragile glass. You add layers, details, excuses.

That makes your mind look unsure of itself. Precision feels powerful. Rambling feels like you are negotiating with your own confidence in public.

6. YOUR BODY LANGUAGE BETRAYS YOU

Your shoulders drop. Your eyes dodge. Your posture shrinks. You may say strong words, but your body says something weaker.

Humans read physiology before language. Your stance decides how your message is judged before your mouth finishes moving.

7. YOU CHANGE YOUR POSITION TOO FAST

You shift opinions when challenged. Not from wisdom, but from pressure.

People sense that your beliefs don't have a spine. If your thinking bends too easily, others will lean on it instead of respecting it.

8. YOU COMPLAIN WITHOUT DIRECTION

You vent without proposing solutions. That frames you as a problem-repeater, not a problem-solver.

People take builders seriously. They tolerate complainers. And tolerance is not respect, it is polite distance.

9. YOU DON'T SET CONSEQUENCES

You let lines be crossed and call it patience. It's not. It's training. Every time you allow disrespect without correction, you teach others how low they can treat you and still keep access.

SOLUTIONS

- Speak less. Decide more.
- Calm your tone before you make your point.
- Stop asking for permission to be confident.
- Finish one thing completely before starting another.
- Enforce boundaries the first time, not the fifth.

THE STRATEGIST'S CLOSE

People don't take you serious when your signals are noisy, soft, and inconsistent. Respect is built from clarity, follow-through, and calm force. Change your behavior, and your reputation will follow without debate.

Someone Is Quietly Studying Your Weaknesses

Have you ever felt watched without being watched, like someone knows where to press without touching yet? Some people don't confront, they observe.

They collect patterns. They wait. Power games often begin long before conflict shows its face, and the clues appear early if you're paying attention.

1. THEY ASK QUESTIONS THAT FEEL CASUAL BUT LAND PRECISE

The questions sound light, almost playful, then suddenly personal. They circle habits, fears, limits.

Information gathers without resistance. When curiosity keeps returning to pressure points, it's rarely random, you feel that shift.

2. THEY REMEMBER WHAT YOU HOPED YOU FORGOT

A comment you made once resurfaces at the right moment. Details stick.

That memory isn't affection, it's data. People who store your vulnerabilities aren't reminiscing, they're indexing, and recall like that usually has a purpose.

3. THEY TEST SMALL BOUNDARIES FIRST

Nothing dramatic. A late reply. A subtle jab. A mild inconvenience. They watch your reaction closely.

Do you laugh it off or correct it? Early tolerance becomes permission later, and they know this well, don't they?

4. THEY CHANGE TONE BASED ON YOUR MOOD

When you're confident, they soften. When you're off balance, they press.

That adjustment isn't empathy. It's calibration. People studying leverage adapt quickly to emotional openings, and timing becomes their strongest weapon, you've seen that before.

5. THEY OBSERVE MORE THAN THEY SHARE

They speak just enough to seem open, yet stay hard to read. While you reveal, they store.

Asymmetry builds advantage. The one who knows more than they show usually isn't there to bond alone, would you agree?

6. THEY JOKE ABOUT YOUR INSECURITIES

Disguised as humor. Delivered with a smile. If it hits something sensitive, they watch your face.

Laughter becomes a probe. If it lands safely, they log it. If it hurts, they log it deeper, uncomfortable truth, right?

7. THEY DISAPPEAR AFTER YOU SHOW WEAKNESS

Right after a vulnerable moment, distance appears. No support. No warmth.

That pause isn't confusion. It's assessment. People who retreat after disclosures often reassess control, not connection, and that distinction matters, doesn't it?

8. THEY PRAISE YOU IN SPECIFIC, STRANGE WAYS

Not broad admiration. Narrow compliments. "You're great under pressure." "You hate conflict, right?" Praise framed as observation invites confirmation.

Once you nod, the profile sharpens, and profiles guide future moves, you know how that goes.

9. THEY WAIT FOR THE RIGHT MOMENT TO PUSH

They don't rush. Pressure appears when stakes rise or eyes are watching.

That timing reveals intent. Weakness exposed at the worst moment causes maximum effect, and patience like that is rarely accidental, is it?

CONCLUSION

Not everyone who watches means harm, but awareness keeps you sovereign.

Power shifts when you guard reactions, set boundaries early, and choose what to reveal.

Strength isn't secrecy, it's discernment, knowing when openness serves you and when it feeds someone else.

So ask yourself this, who in your life seems unusually interested in your limits, and if they ever decided to press them hard, would you be ready, or would you freeze before you even realized the game had started?

Principles That Will Make You Mature

At some point, growth stops being about age and starts becoming about restraint.

Maturity shows up quietly, in choices no one claps for, in reactions you refuse to give away.

The shift is subtle, but once it happens, people feel it immediately, even if they can't explain why.

1. YOU PAUSE BEFORE YOU REACT

Impulse feels honest. Control feels powerful. The mature mind creates a gap between feeling and action. In that gap, clarity lives.

Anyone can react, but restraint signals depth, and depth changes how people treat you, doesn't it?

2. YOU STOP EXPLAINING YOURSELF TO EVERYONE

Not every misunderstanding deserves your energy. Maturity accepts being misread without panic.

When you stop chasing validation, your words gain weight. People listen more closely when you speak less, funny how that works.

3. YOU ACCEPT CONSEQUENCES WITHOUT DRAMA

Blame is loud. Ownership is quiet. Mature people don't negotiate with reality.

They adjust. Responsibility sharpens character. Once you own outcomes without self pity, respect follows naturally, even from those who doubted you, right?

4. YOU CHOOSE BATTLES CAREFULLY

Winning everything costs too much. Maturity knows when silence protects peace.

Ego wants the last word. Wisdom wants freedom. When you stop fighting to be right, you start living lighter, and lighter lives last longer.

5. YOU DETACH FROM BEING LIKED

Approval is unstable currency. Today it flows. Tomorrow it disappears. Maturity builds identity on self respect instead.

When liking you becomes optional, your presence becomes stronger, because nothing desperate ever commands admiration, you agree?

6. YOU HANDLE DISRESPECT WITHOUT DESCENDING

Reacting lowers you to the level of the offense. Mature strength stays upright.

Calm boundaries speak louder than insults. When you refuse to mirror chaos, people reconsider how far they can push, and that recalibration matters.

7. YOU VALUE CONSISTENCY OVER INTENSITY

Big gestures impress briefly. Steady behavior builds trust. Maturity trades spikes for stability.

People feel safer around those who don't swing wildly between extremes, and safety creates influence, whether you notice it or not.

8. YOU ACCEPT THAT NOT EVERYTHING IS FAIR

Fairness is a child's demand. Reality doesn't negotiate. Mature minds adapt instead of complaining.

Once you stop arguing with how things are, you gain leverage over what comes next, a hard lesson, but a freeing one.

9. YOU INVEST IN GROWTH EVEN WHEN NO ONE IS WATCHING

Maturity happens off stage. Quiet discipline compounds. The work you do unseen shows up later in how you speak, move, and decide.

People sense substance long before they know its source, and that's the point, isn't it?

CONCLUSION

Maturity isn't perfection. It's alignment between values and action. When your reactions shrink and your standards rise, life responds differently.

Respect deepens. Drama fades. And peace becomes something you protect, not something you chase.

So here's the real question, if someone judged your maturity only by your reactions under pressure, not your words, not your intentions, what would they see, and would you be proud of that version of yourself?

9 Small Things That Make You Unattractive

Have you ever felt people lose interest in you without knowing why… no drama, no fight, just a quiet emotional fade-out? Attraction doesn't die from big mistakes first.

It dies from small, repeatable signals that your nervous system broadcasts every day.

1. YOU COMPLAIN TOO MUCH

You turn conversations into emotional dumpsters. Every topic bends back to what's wrong.

People don't feel energized around you, they feel drained. Attraction needs lift, not gravity.

Chronic negativity makes your presence feel heavy, not desirable.

2. YOU SEEK CONSTANT REASSURANCE

You fish for validation in subtle ways. "Am I okay?" "Did I do that right?" It sounds innocent, but it signals internal instability.

Confidence is quiet. Neediness is loud. And people feel that volume in their bones.

3. YOU INTERRUPT WITHOUT REALIZING IT

You jump in before others finish. Not to connect, but to prove relevance.

It tells people you care more about being heard than understanding.

Attraction grows in feeling seen, not in competing for airtime.

4. YOU OVER-EXPLAIN YOURSELF

You justify everything. Your choices. Your emotions. Your boundaries.

It makes you look unsure of your own right to exist as you are. Certainty is magnetic.

Over-explanation feels like you're asking permission to be yourself.

5. YOU HAVE POOR POSTURE AND SLOW ENERGY

Your body drags before your mind does. Shoulders forward. Eyes down.

Movements delayed. People read that as low vitality. Attraction responds to presence.

Slouched energy tells the room you don't fully believe in your own space.

6. YOU GOSSIP OR TRASH OTHERS

You bond through negativity. It feels social, but it poisons trust. People assume you'll speak about them the same way.

Nothing kills attraction faster than feeling unsafe in someone's mouth.

7. YOU'RE ALWAYS "TOO AVAILABLE"

You reply instantly. You cancel plans for anyone. You orbit instead of leading your own life.

Scarcity creates interest. Over-access kills mystery. People don't chase what never moves away.

8. YOU LACK CURIOSITY

You talk about yourself but don't explore others. No depth. No questions.

No hunger to understand. Attraction is fueled by attention. Not attention on you, but attention *from* you.

9. YOU DON'T RESPECT YOUR OWN TIME

You waste your hours, then wonder why others waste you too. People follow your standards. If your life looks unmanaged, your value feels negotiable.

THE STRATEGIST'S CLOSE

Attraction isn't about looks first. It's about signal quality. Your energy, your structure, your self-respect.Fix the small leaks, and your presence becomes harder to ignore.

9 Secrets To Build A Strong Discipline

Why do some people move like machines while others drown in excuses?

Discipline is not motivation. It is not mood. It is a system wired into your nervous system.

The hard truth is this: your future is already being decided by what you do when nobody is watching.

1. YOU DON'T RISE TO GOALS, YOU FALL TO SYSTEMS

Most people worship goals and ignore structure. Goals excite you. Systems control you.

Discipline grows when your environment forces the right behavior. If your space is sloppy, your actions follow.

Order outside creates obedience inside.

2. YOU WAIT FOR FEELING READY

Read this slowly. Readiness is a lie your brain tells to avoid pain. Action creates emotion, not the other way around.

If you only move when you "feel like it," your life will be run by your weakest moods.

3. YOU NEGOTIATE WITH YOURSELF TOO MUCH

Every time you argue with your own standards, you weaken them. The mind is a lawyer for comfort. It will always find reasons to delay.

Discipline is when the argument ends before it starts. One rule. One voice. No debate.

4. YOU DON'T TREAT TIME LIKE A WEAPON

You act like time is soft. It is not. Time cuts everything. You either use it with intention or it uses you with regret.

Discipline begins when you stop spending hours and start *deploying* them like ammunition.

5. YOU AVOID DISCOMFORT INSTEAD OF TRAINING IT

Discipline is just comfort with discomfort. That's the whole formula. Cold mornings. Silent rooms. Boring reps.

The more you run from friction, the more control it has over you. Strength grows where resistance lives.

6. YOU TRY TO DO EVERYTHING AT ONCE

Chaos kills consistency. When you stack too many changes, your brain revolts.

Discipline grows from narrow focus. One behavior. One upgrade. Repeated until it becomes identity.

You don't need a new life. You need a sharper habit.

7. YOU DON'T TRACK YOUR BEHAVIOR

What you don't measure, you lie about. Memory is biased. Ego edits reality. Discipline needs proof.

Write it down. Count the reps. Log the days. Numbers don't care about your excuses.

8. YOU ASSOCIATE DISCIPLINE WITH PUNISHMENT

You see discipline as suffering. That's why you avoid it. Real discipline is self-respect in action.

It is you proving to yourself that your word means something. When your word becomes law, confidence follows.

9. YOU DON'T SEE YOURSELF AS A DISCIPLINED PERSON

Identity drives behavior. Not the other way around. If you see yourself as inconsistent, you will act inconsistent.

Change the self-image first. Speak differently. Move differently. Decide who you are, then obey that version.

TO CONCLUDE

Discipline is not loud. It is quiet, repetitive, and brutal in its honesty.

You either build it daily in small acts, or you spend your life controlled by whatever feels easiest in the moment.

Are you training your future… or feeding your comfort?

10 Deep Quotes From "Carl Jung"

1. "The world will ask you who you are, and if you don't know, the world will tell you."

2. "If a man knows more than others, he becomes lonely."

3. "Everything that irritates us about others can lead to an understanding of ourselves."

4. "Life really does begin at forty. Up until then, you are just doing research."

5. "You are what you do, not what you say you'll do."

6. "Knowing your own darkness is the best method for dealing with the darkness of other people."

7. "Until you make the unconscious conscious, it will direct your life and you will call it fate."

8. "Be grateful for your difficulties and challenges, for they hold blessings.

In fact... Man needs difficulties; they are necessary for healthy personal growth, individuation, and self-actualization."

9. "Everyone you meet knows something you don't know but need to know. Learn from them."

10. “I am not what happened to me, I am what I choose to become.”

9 Reasons Why People Find You Easy To Pick On

Why do some people get targeted no matter where they go?
It's rarely about looks or intelligence. It's about the signals you send without realizing it.

Humans read weakness like body heat. And once they sense it, the behavior starts.

1. YOU APOLOGIZE FOR THINGS THAT AREN'T WRONG

Every unnecessary "sorry" shrinks your presence. You train people to see you as unsure, adjustable, easy to move.

Confidence isn't loud. It's the absence of self-erasing language. When you stop apologizing for existing, people stop testing you.

2. YOU LAUGH WHEN YOU FEEL DISRESPECTED

That nervous smile. That fake laugh. It tells everyone you won't defend your boundaries.

So they keep crossing them. Humor used as armor becomes a permission slip for disrespect.

3. YOU EXPLAIN YOURSELF TOO MUCH

Long explanations sound like permission to judge you. The more you justify, the smaller you appear.

People pick on what looks uncertain. Short, calm answers signal inner stability.

4. YOU DON'T INTERRUPT DISRESPECT

When someone steps over your line and you stay silent, the line disappears.

Silence is read as approval. Not maturity. Not strength. Approval. And once they know there's no pushback, they push harder.

5. YOU TRY TOO HARD TO BE LIKED

People respect those who can survive not being liked. When you chase approval, you give others control over your emotional state.

And control invites exploitation.

6. YOUR BODY LANGUAGE SHRINKS YOU

Slouched shoulders. Weak eye contact. Fidgeting hands. Your body speaks before your mouth does.

If your posture says "I'm not sure I belong here," someone will test that claim.

7. YOU DON'T OWN YOUR OPINIONS

You soften everything you say. You add disclaimers. You dilute your voice.

That tells people your thoughts are optional. And optional people get ignored or stepped on.

8. YOU LET SMALL DISRESPECT SLIDE

Jokes. Teasing. Subtle digs. You tell yourself it's "not that deep." But it is. Patterns start small. Once they see you tolerate little things, they try bigger ones.

9. YOU DON'T SEE YOURSELF AS SOMEONE WORTH DEFENDING

Identity drives behavior. If you don't believe you deserve respect, your actions will quietly agree with that belief.

People don't pick on strength. They test uncertainty.

TO CONCLUDE

You don't stop being picked on by getting louder. You stop by becoming grounded.

Still. Unmovable. The kind of presence that doesn't ask for space. It takes it.

10 Rules Of Detachment (For A Peaceful Mind)

Why do we hold on to things that clearly weigh us down? Strange, isn't it? Detachment isn't coldness, it's clarity.

It's the art of stepping back so your mind can breathe again. When you master it, life stops feeling like a storm and starts feeling like something you can actually guide.

And maybe you've been craving that kind of calm lately, right?

1. LET GO OF WHAT YOU CAN'T CONTROL

Trying to manage everything drains you fast. Some situations won't shift no matter how tightly you grip them.

The moment you accept this, your chest feels lighter. You redirect your focus to what responds to your effort instead of what resists it.

And honestly, haven't you noticed how peace grows once you stop wrestling the impossible?

2. STOP CHASING APPROVAL

The more you try to please everyone, the more you lose yourself. Detachment means releasing the need to be understood by every person.

You stand firm in who you are without begging for validation. That kind of freedom feels strange at first, but it builds confidence quietly.

And you know deep down that not everyone deserves a vote in your life.

3. NOTICE YOUR EMOTIONAL TRIGGERS

You can't detach from what you can't identify. Pay attention to situations that stir you up.

Instead of reacting instantly, pause and observe. This small gap gives you power.

It helps you choose your response rather than fall into old patterns. You've felt that shift before, haven't you?

4. PRACTICE NON-REACTIVITY

Some comments don't need a reply. Some arguments don't deserve your energy.

Detachment grows when you stop feeding every spark that tries to become a fire.

Silence can be a strong message, especially when someone expects you to explode. And maintaining that stillness feels almost like armor.

5. HOLD YOUR EXPECTATIONS LOOSELY

Expectations tighten your grip on how things "should" be. And when life doesn't match the script, you suffer.

Keeping your expectations light makes room for better outcomes. It softens disappointments and amplifies surprises.

Doesn't it feel better when you stop forcing life into narrow shapes?

6. GIVE PEOPLE SPACE TO BE THEMSELVES

Trying to mold others creates tension. Let people show you who they are without pushing them in any direction.

Their choices reveal more truth than their promises ever will. Watching instead of controlling teaches you peace.

And you've probably seen how relationships flow better when you stop clinging, right?

7. RELEASE THE NEED TO WIN EVERY CONFLICT

Some arguments only drain your spirit. You gain nothing by trying to be right all the time.

Detachment helps you choose peace over ego. You walk away not because you're weak but because your inner balance matters more.

That calm exit often unsettles people who expect chaos.

8. LIMIT YOUR ATTACHMENT TO OUTCOMES

You can work hard without tying your soul to the result. Do your part, stay present, then let things unfold.

This mindset removes pressure and builds trust in your own path.

And it's interesting how opportunities appear naturally when you stop clinging so tightly, don't you think?

9. PRACTICE SELF-PRESENCE

Detachment isn't escape, it's returning to yourself. Take time each day to check in with your thoughts and body.

This keeps you centered even when life gets loud. When you're rooted in yourself, people can't shake you as easily. It's one of the quiet strengths many overlook.

10. KNOW WHEN TO WALK AWAY

Some situations won't change no matter how much you adjust. Detachment means recognizing when it's time to move on.

Protecting your peace becomes a priority, not a last resort. Leaving isn't quitting, it's choosing clarity over chaos.

And deep down, you know that sometimes distance is the real answer.

CONCLUSION

Practicing detachment doesn't strip you of feeling, it teaches you how to feel without drowning.

It gives you quieter days, steadier decisions, and a clearer mind that isn't pulled around by every emotion or situation.

Which skills should I develop to be a successful trader?

When people talk about becoming successful traders, they often focus on strategies first. But from my personal

experience, I can say strategies matter only when the core skills are already in place. Which ones? Tick off points on your fingers: risk management, market reading, emotional control, and consistency. Let me explain what the meaning of each one is.

The first is *risk management*. This sounds boring, but it's the reason most traders blow up their deposits. You can know many advanced strategies, and be smarter than others, but what's the point of this if your position size is wrong or you overtrade? Learning how much you can afford to lose on a single trade, and being okay with that loss emotionally, is more important than having a high win rate. Once I accepted losses as part of the process instead of personal failure, my results got much better.

The second skill is *market reading*. This is not about memorizing strategies or chart patterns, but understanding the market sentiment. It's the ability to react faster than usual, if something goes wrong or if you see enough signals for a reversal trend, you have to know how to behave in such situations. How to learn that? The only method is trade more and more, every day without breaks. When you see how the same pattern repeats weeks, and months, over time, you understand what to do in unpredictable market conditions. That's called market reading.

Emotional control is underrated. Any trader feels different emotions: fear, impatience, panic, greediness, and all of these together ruin deposits faster than bad analysis. I've made my worst trades when I was emotionally involved, not when my analysis was wrong. I

had to learn to step back during choppy markets, skip trades if I don't see enough signs for opening a position, and not jump into trades again after seeing new big green candles.

Last but not least, *consistency*. This means trading the same setups, focusing on one strategy, and adjusting to different market conditions. Jumping between strategies every week makes it impossible to know what actually works for you. This is where structured learning helps. That's why it's essential to choose the right platform. I personally tested different approaches on the pocket broker platform because the platform provides a wide range of educational materials, from level breakout to reversal strategies. For greenhorns, this is a good opportunity to explore ideas systematically, one by one, instead of randomly.

Another important skill is the ability to admit your own mistakes instead of blaming a platform, a broker, or markets. This is common behaviour among beginners. If you're able to look at your losses objectively, you'll learn much more from them than from a winning streak. That alone can change your trading mindset.

In a nutshell, successful trading is about combining knowledge, discipline, and patience. If you focus on all the aspects I mentioned above, achieving success in trading is just a matter of time.

Reminder! This content is for educational purposes only and reflects my personal opinion. It is not

financial advice. Trading always carries the risk of financial loss.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.